Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday January 27, 2016 CastletonSpartan.com Castleton, Vermont

Mills brings MLK back to life

By William Jacob
Castleton Spartan

The wise words of Dr. Martin Luther King Jr. resonated through more than just the amplifiers in the Casella Theater on Thursday.

After an enticing dual performance by the Castleton Jazz Ensemble and the University Chorale, President Dave Wolk excitedly took the stage in anticipation of what was to come. He gave forth his gratitude to an inexplicable gentleman who took the stage following Wolk's departing.

The gentleman gave no preliminary introduction, perhaps because he was, for the moment, someone else entirely.

It was as if King himself had taken the stage that Thursday afternoon, personified by the resounding voice and personification of David Mills.

"I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation," Mills began in the same robust tone that one might have heard standing before the Lincoln Memorial in 1963.

King's masterful speech, projected through the body of Mills, echoed throughout Casella Theater with insurmountable conviction. All eyes were fixed upon the speaker.

It was clear that Mills held an intimate bond to the subject matter.

In the reception area following the speech Mills said, "that kind of melding of social and political conscience with an—I'll say—spiritual conscience is paramount in my way of living this life. I think King blended those things pretty wonderfully in his life and work."

David Mills is a self-titled "socio-political animal" with an impressive collection of achievements. He was awarded the Pan African Literary Forum Poetry Prize, his work has been featured in *Rolling Stone* and the *Boston Globe* among others and he is the author of a popular book of poetry titled "The Dream Detective."

Along with imitations of King, Mills also reanimates the works of 20th century poet Langston Hughes.

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Captain Phillips to speak at commencement

By Casey McGraw
Castleton Spartan

Commencement speeches seem to always have the same theme about what the future holds and how great the past four years have been. Luckily for Castleton students, faculty and family, this will not be the case for the 2016 graduation.

Capt. Richard Phillips has become an American hero over the past few years for his role in the Maersk Alabama hijacking, and he will be sharing some of his experiences at this year's commencement in May.

When asked about Phillips speaking at commencement, the Castleton community seemed to use one common word: "Honor."

"We are honored to have him, he is such a good man, a great husband and father," said President Dave Wolk. "He showed impeccable courage and inspiration through that ordeal."

Students are excited to hear him speak.

"I think it's awesome and I feel honored that someone of his magnitude would come speak to us at our graduation," senior Rob Coloutti said. "After all he has been through, it's inspirational that he spends time sharing his story."

Senior John Flynn continued the theme by saying "I would be honored to hear him speak at graduation. For someone with such a storied background to come and share his time to talk to us is great."

Phillips was kidnapped by Somali pirates in 2009 while his daughter, Mariah, was enrolled as a communication major at Castleton. Phillips spent five days as a prisoner at sea before he was saved on April 12, 2009 by U.S. Navy SEALS.

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COURTESY OF CASTLETON SPARTAN

Capt. Richard Phillips and his wife during a former visit to Castleton.

SARA NOVENSTERN / CASTLETON SPARTAN

Art Professor Bill Ramage's art exhibit in the FAC displays pieces that include several professors who have met once a month for a quarter century.

Monthly bro-fest

By Catherine Twing
Castleton Spartan

If you have been in the Fine Arts Center lately, you've likely been greeted by a life-sized photo of six Castleton professors, laughing and enjoying each other's company.

Inspired by the book "Iron John: A Book About Men," by Robert Bly, this group of men started meeting once a month in 1991 to discuss the male experience, something that interested and applied to all of them. Twenty-five years later, they continue the tradition, growing together as colleagues and friends.

"Bill and I were sitting over at the (Birdseye) diner and were talking about 'gee wouldn't it be great to have a men's group? Let's each invite two or three people who make us feel alive.' And so we did," retired philosophy professor Robert Johnson said of the group's beginnings.

"We were kind of young then and now we're kind of old," joked Bill Ramage, one of the group's members and the artist behind the Men's Group show currently on display in the Christine Price Gallery. "What you experience at 48 is different than 73. Can you even imagine all of us younger?" Ramage chuckled.

The show is a combination of two of Ramage's self-portrait pieces from 1978 and 1981 and a new, large work which is a composite of many images of the six men: Luther Brown, Bob Johnson, Jonathan Scott, Bob Gershon, John Gillen and Ramage.

"This show is about how we are as a group of six with one connection being that we've all been teaching at Castleton," Ramage said.

The large piece also involves perception and how we process the world around us, a concept Ramage has worked with extensively during his career.

"It feels pretty weird walking into the FAC and being greeted by me," said Gershon of the exhibit.

Johnson is portrayed sitting at a piano.

"I don't even play piano! Bill just said sit here at the piano!" Johnson laughed.

Just looking at the pictures of the group, Ramage couldn't help but smile thinking of the good memories.

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McKibben: We need to fight for our environment

By Jadie Dow
Castleton Spartan

At first glance, Bill McKibben looks like an average Vermonter. With his typical vest, laid back jeans and calm demeanor, he looked like another spectator on Tuesday night.

McKibben was everything but a spectator. The Harvard educated published author of 15 books stood in front of a packed crowd at Castleton University and delivered a message: something needs to change, and fast.

"In order to have a sustainable environment, we can't have more than 350 parts of carbon dioxide per million in the atmosphere. Currently we have 400 parts per million," McKibben said.

Using piercing visual images and some dry humor to illustrate his point, the environmentalist showed the audience why they should care about climate change.

The temperature in Burlington in 2015 broke the previous record by 17 degrees. Last year alone, 10 to 15 percent of the world's coral reefs were destroyed. He told the room that in their lifetime, the world's temperature will rise by six or seven degrees fahrenheit.

What does all this mean?

ASHLEY CALLAN / CASTLETON SPARTAN

Bill McKibben speaks to students about the importance of a sustainable environment.

It will be impossible to grow enough food. Diseases will spread. People will suffer.

McKibben did his best to articulate how dire the situation is.

"If we had 50 years to fight this, it might be possible, but we don't. We're miles behind," McKibben said.

Professor Carrie Waara was very impressed by McKibben.

"I thought he was so inspiring and put together. I've been to a lot of his speeches and this was by far the best one," Waara said.

McKibben began his career as an environmentalist nearly 27 years ago and has participated in and organized movement after movement; the biggest one being his website, 350.org.

Seven students and a professor, that's all it took to start a movement. In 2009, McKibben and some of his students at Middlebury College created a demonstration of the number 350 to create awareness of the issue.

It spread globally, with 181 countries participating to create 5,200 demonstrations. McKibben has dedicated his life to the environment, and praised Castleton University for doing things to be a green campus.

President Dave Wolk was left inspired.

"I've been a huge fan of his from afar for a long time, but this was the first time I was able to see him in person. I was over-the-top impressed by his message and the delivery using plainspoken language," Wolk said. "He had such factual information. I feel that he engaged and inspired the audience, including me."

According to McKibben, it is our job to fight for those who can't fight for themselves. There are people in third world countries who are not heard and do not have the resources to fight this fight.

We do, he said.

McKibben encouraged the audience to write to the Vermont State Treasurer, Beth Pearce, to let her know that there are people out there who care what happens and to divest the state from fuel company investments. There are people who care whether pipelines stream down the side of the state feeding oil from place to place.

A large part of McKibben's presentation was dedicated to the fossil fuel companies - which is the richest industry we've ever seen. McKibben stated that Exxon Mobile knew the state of the world 25 years ago and chose to ignore it in order to make more money.

And the people of the world bought it. Exxon convinced them that there was doubt that climate change and global warming were real. They believed them. Why?

Because it was easier.

Professor Sanjukta Ghosh has known of McKibben for almost 30 years and organized his coming to Castleton.

"I am very moved by his humility and his passion, but I wanted him to scare us more. I wanted people to be thinking about climate change every day. We have globalized the economy and the military, why can't we globalize this?" Ghosh said.

McKibben, leaving the next day to travel and campaign with Bernie Sanders, offered to come to Castleton for free. He just wanted to inform, but not without leaving the audience with a message of urgency.

"If we don't win soon, we won't win period," McKibben said.

Bernie being left out by the major media monopoly

PHOTO CONTRIBUTED BY DAVID BLOW

Presidential candidate Bernie Sanders speaks to Dave Wolk during his visit to Castleton in 2014.

Someone must not like Bernie.

Flipping and flicking through news channels, Bernie is seldom to be seen. Millions upon millions of Americans believe Sen. Bernie Sanders is the best presidential candidate, but major media is actively squashing Sanders' growing momentum.

A study done by Andrew Tyndall monitoring ABC, NBC, and CBS found that by Oct. 2, a titanic eight minutes had been dedicated to talking about Senator Sanders...

Donald Trump was discussed 18 times more than Sanders, for a total of 145 minutes.

Hilary Clinton was talked about 20 times more than Sanders, for a total of 165 minutes; half of that total was talking about her email controversy.

A study by national media watchdog group Fairness and Accuracy in Reporting (FAIR) revealed that newspapers also continue to clearly cut Sanders' coverage in relation to other candidates. July and August statistics showed that, on average, Trump was mentioned three times more than Sanders in the New York Times, Washington Post, Wall Street Journal, LA Times and USA Today.

Specifically, the Wall Street Journal covered Trump almost five times more than it did Sanders. What's Wall Street's beef with Bernie?

Maybe Bernie's face should replace Waldo's, since all we have been doing is searching to find Vermont's senator.

We believe this election process has brought to light a severe problem within America. Why do we go to our major media outlets for news, when they grossly misrepresent the reality of the electoral race? With a simple Google search, one can learn that 90 percent of America's media is controlled by only six corporations.

I guess that's what you'd call a monopoly over our sources of information, as a country. But why does Wall Street, and why do these big, rich corporations not like Bernie?

Maybe it's because Sanders is standing up against wealth inequality, against the leviathan of corporate oligarchy. His funding reflects just whose side Sanders is on, and it is not the side of the super-rich.

By October of this year, Sanders had raised close to $26 million in funding support (right behind Clinton's $28 million). The difference between the two, you ask?

Clinton's donors are mainly individuals and corporations with deep pockets.

Sanders, on average, has received small online donations averaging $30.

The Spartan asks, shouldn't you contemplate whether we really are being delivered the news, or whether we are just being fed information that is tailored to promote the agenda of the super-rich? Can we, and should we do something about it?

Edward R. Murrow was an American journalist, television and radio figure, who passed away in 1965.

He once wrote, "A nation of sheep will beget a government of wolves."

-Peter Kazakis

Is swearing really the problem?

As kids we were taught to never swear. It's rude, disrespectful, and it's only for sailors. Growing up, most are threatened with a bar of soap if you slip up in front of an adult. But are swears really what's bad, or is it just the reputation given to them that make them seem so negative?

Our brains give us the power to communicate and express ourselves with language. When speaking or describing something, a curse word could be used as a meaningless intensifier. It is a way to express yourself and how you feel in a specific tone. For some reason, though, these certain words have been marked as socially unacceptable. Our minds are trained to filter out these words when heard and to make more out of them than what they really are; just words.

This does not mean that swearing is okay all of the time, like if they are used to insult someone. But that's the case with many other words that aren't swears too, like referring to someone as dumb or stupid. It all depends on the context at play.

If someone is walking around repeating the same word over and over again, then yes, that is a little obnoxious. But if you are talking to someone and they say, "Yeah my day has been pretty shitty," there is no reason to view that person like they did something indecent.

A simple way to weaken how intense swears seem is starting with children. Rather than scolding them and saying that swears are bad, we should explain to them that swears aren't bad, but they can't use them until they are older and more mature.

It is all a personal basis on what parents allow their children to say and when, but the common perspective of swears being unintelligent, vulgar and offensive should be changed to take away how negative they seem. If taught at a young age, that these certain words are simply a part of common language, when grown up, there will be nothing about them that makes them stand out as much as they do now.

Once something is given a bad reputation, it can be difficult to change the way it is looked at. If this perception were to change though, and were more accepted, people could use them in everyday life, in news articles and on the radio. There would then be more coloring in conversation or in stories. Journalists would not have to work around "bleeping" out swears, same with radio and most TV shows. Adults would not have to worry about always being aware if children are around when they swear. Swearing is a part of our culture and is not going anywhere. It will be easier if our society accepted it, rather than try to eliminate it and view it as unintelligent.

-Nathan Marden

Fresh Perspectives

Political correctness fails to convey meaning

Political correctness has transformed the English language into something quite "visually challenged" (ugly), and has "achieved a deficiency" (failed) to respect the preeminent necessity of language itself: to convey meaning.

While speaking and writing, one must always have the inherent goal of efficiently and accurately articulating oneself. Political correctness (PC) acts as a wrench in the cog of language by convoluting meaning for political reasons. And yet, when one uses language perfectly, there need not be a focus on word choice in order to remain within political guidelines—correctness is dependent upon tone.

Consider the following sentence: "Be mindful, he's aurally challenged."

Now consider this sentence: "Be mindful, he's deaf."

In which sentence is the information efficiently and accurately conveyed? Most, if not all, would say the former. Political correctness causes confusion and misunderstandings that could easily be avoided in a society that craves the truth and does not fear oversensitivity.

Perhaps a more extreme case is needed. Imagine a future in which political correctness has consumed a great deal of the English language. Your daughter is walking to school. You strolled past the school earlier (perhaps on your hoverboard) and saw that a dirty old man was standing at the corner of the block.

Being a responsible parent, you opted to warn your daughter not to approach the dirty old man. Yet, you live in a society where saying the words "dirty old man" in sequence is politically incorrect, and you'd not want to expose your daughter to such a heinous term, right?

So you tell her: "Honey, when you walk to school please be careful not to approach any sexually focused chronologically gifted individuals." At best, she might give you a puzzled look.

Political correctness in language is not only confusing, but "ethically disoriented" (dishonest). It can act as a danger in society and as a clause of validity which need not be present. Language is the machine on which humans rely, and altering words and phrases for political reasons is the equivalent to putting old, faulty parts in one's brand new "vertically-challenged mode of transportation" (car).

-William Jacob

Castleton Spartan

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Congrats!

Congratulations from the university writing committee to the following three students, who earned Pass with Distinction on the culminating essays they wrote for the university writing assessment this fall semester.

Anthony Ciranni

Blake O'Brien

Jacob Stafford

Chalkboard encourages civic conversations

By Lacy Parmenter
Castleton Spartan

To Castleton University senior Liz Diohep, there is nothing more important than educational policy. And to try to get others to share that passion, Diohep has created an inquisitive chalk wall in the education department to get students to be more involved.

Once a week, the chalk-paint-covered wall in the lobby area of the department is updated with a new question for people to respond to.

These questions range from educational policy to form of civic engagement.

The current question asks: "Should teachers be evaluated based on student performance? If not, how?"

Answers ranged from the basic "No" to more thoughtful ones like "teachers should be evaluated on student growth/progress, not just performance."

Back in Diohep's sophomore year, Castleton University sent her to a conference called the American Democracy Project. Many different colleges attend, and the ADP conference focuses on civic engagement.

At the conference, Diohep found out about Democracy Plaza from Purdue University.

"Democracy Plaza consists of having huge chalkboards that are updated with questions or quotes, that are prevalent and helps to get students to talk about different things within civics," said Diohep.

The wall project is a nice addition and a great idea, said education department Senior Staff Assistant Katharine Spaulding, who notified *The Spartan*.

"I just want to make sure that students are recognized for their work," said Spaulding.

Spaulding's office window looks directly out to the wall. "This wall used to be a God awful teal color," she said laughing,

Right before school started, Castleton facilities workers painted the wall white, and Spaulding was at ease when this process occurred.

"After a couple of weeks into the fall semester I come in one day and the wall is dark green and I panicked. I thought not again! I'll have to look out my window at this dark wall," Spaulding said with a giggle.

But Spaulding said when Diohep started writing on the wall and asking questions for the students to answer, she realized this was a wonderful idea.

"It's great that students have a place to come and express themselves," said Spaulding.

Emily Gleason, professor in the education department, also praised the effort.

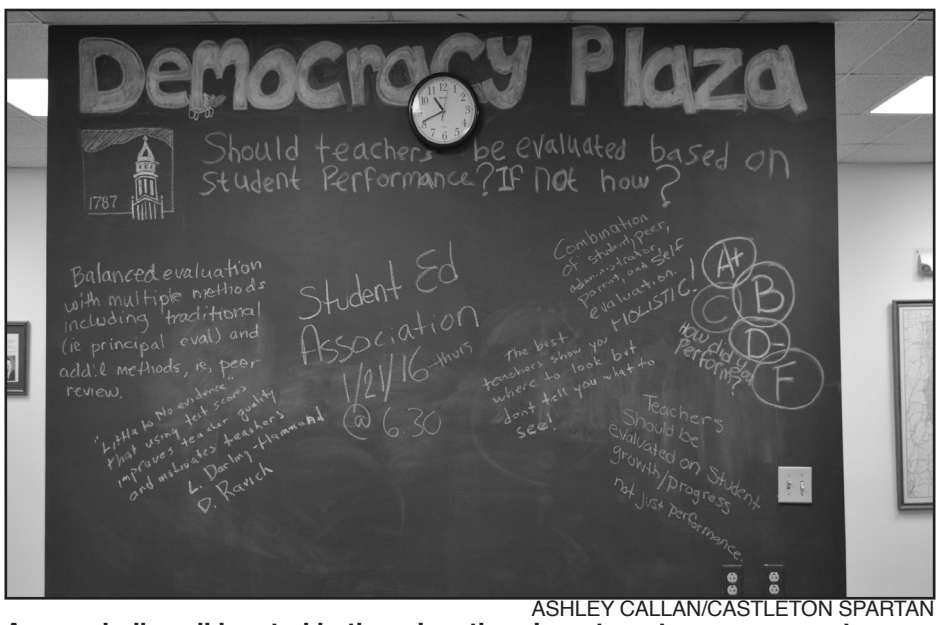
"Once someone usually writes something interesting other people will add on," said Gleason.

A problem, however, is that few know about it.

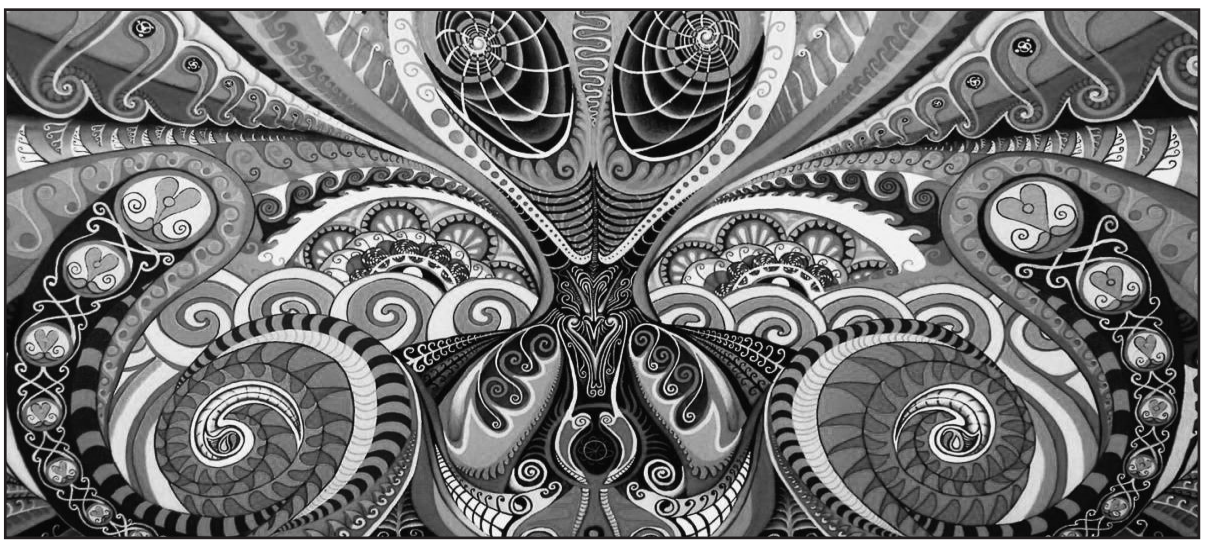
"I had never heard of the chalk wall before, but I think it's a great idea. I would love to see it expand to either one main spot on campus or within every department. Now that we have grown to a university, it's important for projects to grow as well," said junior Vidavanh Xapilak.

Diohep said she hopes the wall has lasting power.

"I would love to come back in a couple of years and see the wall expand into other departments. I feel as though that's the ultimate goal," said Diohep.


Democracy Plaza
Should teachers be evaluated based on Student Performance? If not how?
Balanced evaluation with multiple methods including traditional (ie principal eval) and addi'l methods, ie, peer review.
Student Ed Association 1/21/16 thurs @ 6:30
Combination of student, peer, administrator, parent and self evaluation. HOLISTIC!
A B C D- F
How did you perform?
The best teachers show you where to look but don't tell you what to see!
Teachers Should be evaluated on Student growth/progress not just performance.
ASHLEY CALLAN/CASTLETON SPARTAN

A new chalk wall located in the education department encourages students to answer questions and start conversations.



A crazy world of shapes and colors

**Editor's Note – Because of the subject matter, names in this story have been changed to protect the identities of those interviewed.*

By Jadie Dow
Castleton Spartan

Aiden Jones* took a hit, laid back and closed his eyes. He was transported to another place, a place of colors and shapes he couldn't imagine in his normal life.

A place where none of his worries mattered. A safe place.

Jones was taken on an epic journey down a long path, led by a "spirit guide" who had three eyes, blue skin and was "at least seven feet tall."

He saw naked women dancing and chanting. They weren't speaking a language he knew, but he could understand them. They were trying to tell him something.

"I only remember the message being unity. That everyone matters, we're all one world and things need to be better. It felt like it was my job, when I got back, to make the world better," Jones said.

Jones opened his eyes. He was back in his dark bedroom and everything was back to normal. He glanced at his watch.

It had been five minutes.

N-Dimethyltryptamine, or DMT, is a drug known as the "spirit molecule." The brain produces it when dreaming, and an excess amount of it is released when a person dies. It can also be extracted from 60 different plant types.

Because it is produced by the human body, it does not show up on a drug test. People who have tried the drug report seeing things they could never imagine.

Comedian Joe Rogan reported DMT to be "like mushrooms times a million plus aliens."

Though many people who do it report good experiences, those of enlightenment and euphoric thoughts, not everyone is so lucky.

Twenty-one-year-old Jacob White is one of those people.

"My body slowly became numb and I felt paralyzed. I put a blindfold over my eyes and quickly became uncomfortable. Then I realized I was going through what looked like a tunnel of abstract and colorful geometric figures. It was a little scary and then I just remember not liking it. It felt like it lasted two hours, but it was only five minutes," White said.

Jamie Bentley, coordinator of campus wellness education, hasn't had any reports of DMT on campus, but is sure some students are doing it because it is easy to access and untraceable.

"Anything, taken in excess can have negative consequences. Having a bad trip, whether it's five minutes or five hours can cause trauma for a long time. Especially with a drug like DMT, because people perceive their experience, whether or not they are actually visiting another realm or just experiencing their brain trying to make sense of overstimulated visual chaos, to be reality," Bentley said.

Sophomore at Keene State College, Philip Smith, has also partaken in the "spiritual journey."

"I think the most amazing thing about it is that so many people report the same things. Most people see the same shapes and figures. It makes me feel like it's really another place. There is definitely more out there, DMT just let's us go there. Trust me, I know how crazy I sound," Smith said.

Jones, trying to make the world a better place as he was told to do, took that to mean that more people need to experience DMT. He has taken it upon himself to extract the illegal substance from plants and distribute it to those who are "ready to experience it."

"I'm very careful when I make it. I do it myself before I give it to other people so I know I didn't screw up. I don't charge people for it because I think everyone should do it. I don't want people to not be able to do it just because they don't want to pay for it," Jones said with a smile.

There have been hundreds of studies done about the drug. There's even a documentary about it on Netflix. They all say the same thing: wait until you're ready.

"If you're not emotionally ready, bad things may happen to you. There have been reports of alien abductions and darkness. Falling down into pits and feeling lost. It's important to have a good environment," Smith said.

Some scientists have changed their views about reality because of DMT. Ede Frecska wrote a book about the phenomena and stated that "humans have a non-material, spiritual component along with the physical one, and the materialist paradigm of modern science is not only out of touch, but may even be pathologically imbalanced."

"DMT brought me out of a pretty dark place. I was depressed and wondering what life was all about. I know this doesn't happen to everyone, but I don't know where I would be without it," Jones said.

Businesses like it when students are here

By Lacy Parmenter
Castleton Spartan

For most students at Castleton University, when their last final exam ends, they pack up and don't look back for three weeks. But the small businesses in the town of Castleton remain despite their absence and are still providing customer service and goods to the locals.

So what is the morale like when students are gone and do retailers enjoy their absence or long for their return?

"Business is definitely slower in the winter time period. Our busiest time is in the summer between the months of July and August. December is a pretty good month for us though," said local business owner John Rehlen.

Rehlen owns Birdseye Diner, Castleton Village Store, Castleton Pizza and Deli and Blue Cat Bistro. Between his businesses, he employs about 25 Castleton University students.

Bill Hieder, owner of The Depot Café, employs three Castleton University students.

He said he notices a difference when the students are gone and would rather have them around.

"It's slightly busier throughout the school year. It does become slower in the three weeks that students are gone," said Hieder.

In addition to losing student business, both employers say staffing is much tougher when the students are on break.

Sarah Schindler, cashier at The Castleton Village Store, said she thinks having students around has its pros and cons.

"It's definitely a lot quieter and more locals are coming in. It's busier when students are around so shifts go by faster. On the other hand, when it is slower we are able to get projects and other things done," she said.

But those interviewed mostly agree, it's better when students inhabit the town.

"The employees tend to like it when the students are around. Most of the time they are more polite than the regulars that come in," said Hieder.

Rehlen is in agreement.

"We like to have students around. It's not just from a business standpoint either," he said. "It brings an element of liveliness to the town."

AARON LETHBRIDGE/CASTLETON SPARTAN

Traffic and business on the Castleton Main Street decreases when students leave for breaks making it harder for businesses.

Frat does more than just party

By Shannon Fischer
Castleton Spartan

Dimmed lights, loud music, and rowdy college kids. Those are your typical surroundings when you attend one of the events at The Local in Rutland. These events are held by the Sigma Delta Chi brothers, which is a fraternity not recognized by Castleton University.

When people think of fraternities, their minds tend to wander to a group of college students who just throw senseless parties. Contrary to belief, fraternities are not just these groups of party robots that we perceive them to be, and they actually contribute to the community and provide a sense of brotherhood and a helping hand.

There's always this backlash when it comes to fraternities, but the Sigma Delta Chi Brothers don't just throw themed parties at The Local, they give back to the community, and just want to be recognized as a frat so their hard work and efforts will continue to pay off.

The Sigma brother gave an insight on the behind the scenes of their fraternity and the direction in which they hope the fraternity will go in.

> "There's actually a sense of brotherhood. We live together in the Sigma house. We eat together and hangout, we're not just in it for the parties."
> -Sam Carpenter

"We're considered an independent fraternity; we're trying to get recognized within the next year, sooner than later. With recognition everything we do will be more regulated and structured. We can do more community service work on campus because we have some limitations right now. If we're trying to raise money for some type of foundation we can't always do it the right way without the recognition piece," said member Brandon VanGuilder.

The Sigma brothers want recognition, so they can continue to be a part of the community and receive more positive outlooks instead of judgement.

"We wouldn't get as much criticism and more likes to our advantage and bring our name out and hopefully could start other sororities and fraternities," said member Alex Dickinson.

Despite not being recognized by the university, Sigma Delta Chi doesn't need a title to uphold the brotherhood bond that fraternities are supposed to resemble. One of their alumni was diagnosed with cancer, and The Sigma brothers have actively been supportive and have raised money for their brother.

Sigma Delta Chi also raises money to donate to charity.

"We donated to the Jonesy fund, which is to support an alumni member from the fraternity that has cancer. The alumni got together with active members to raise money for him. The most recent donation I believe we raised around $500," VanGuilder said.

The Sigma Brothers also help around the Castleton community and donate to various charities.

"The last three times we raised money went to Make-A-Wish. Another time we donated money to a girl whose family was shot and killed. We also do community service around the Castleton area. One year we walked with the football team to raise awareness for sexually assaulted women, which was a walk around campus chanting. We also clean people's yards. We also try to get involved in intramural sports like flag football," Dickinson said.

Despite the Sigma Brothers raising money and holding events, there's this perception that they only throw parties. President Sam Carpenter cleared the air and gave a sneak peek of what really happens behind closed doors.

"It's not just about making money and having a good time. I like doing the Local parties rather than house parties because it gives the town of Castleton a break. It leaves a safer environment for kids to be partying," Carpenter said.

Carpenter continued on to mention how the Sigma brothers bond within their fraternity.

"There's actually a sense of brotherhood. We live together in the Sigma house. We eat together and hangout, we're not just in it for the parties. The fraternity is also about leaving a legacy, our friendships will go past college," Carpenter said.

Students on campus are aware of Sigma Delta Chi and have different views on whether Castleton University should implement fraternities and sororities at the university.

Freshman Kinnan Latremore believes that implementing these programs would be positive for the school and the community.

"I think that we should have fraternities and sororities because I feel like more people would be involved. They would be a great way to get more students together," she said.

On the other hand, sophomore Tori Fischer thinks that the idea of implementing fraternities and sororities at the university isn't the best idea.

"Don't get me wrong, the idea of fraternities and sororities sounds cool but we're at a small school and I just think it's not the same and wouldn't quite work as well," she said.

Although Sigma Delta Chi isn't recognized, these men have impacted the community in a positive way and have helped people in need. Whether the fraternity is eventually recognized or not, the Sigma Brothers will continue to show brotherhood and stand strong as an independent fraternity.

As Vice President Matthew Gomes said, "People don't look at you awkwardly in brotherhood they know what you've been through; they know you're worth something."

Woman on the street

Sara Novenstern

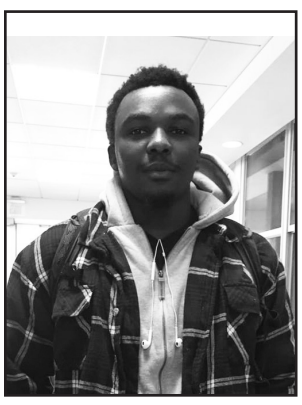
Question: If you won the lottery, what would you do with your winnings?

Mikayla Shaw

"I would probably pay tuition first and foremost and I plan on going to grad school after that. I would love to just do a backpacking trip through Europe.

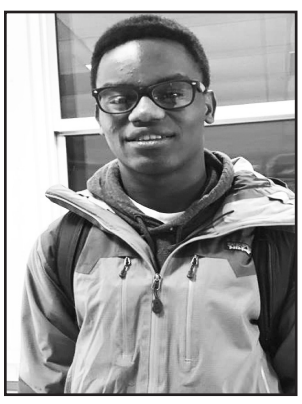
Emily Burke

"First I would pay off all of my school debt and my family's debt. And then I would invest in a charity I really like. Then I would probably buy my parents a nicer house. That's all you think of initially then I would probably do some fun stuff, go on a trip to Australia.



Adan Osman

"I would send it back to my people in Africa and help them out. Give it to people who need it the most because I don't feel like I need the money."



Hussein Hussein

"I would probably finish school first then enjoy the rest of my life with no worries. Probably definitely travel, visit the world."

Zach Wiessner

"Actually, I want to start a vet school. It would be all the vet students and anyone that couldn't afford pet care for the animals could go there for free so kind of like a free clinic. So all of your teachers would be actually veterinarians then you get trained through it but you're also helping the community by giving the free health care to the dogs and animals. That would be what I would want to do if I could raise the money for it."

The allure of country living

By Peter Kazakis
Castleton Spartan

College days don't last forever.

Neither does the opportunity to keep living with your parents.

But when the time to move on comes, where shall we go?

Statistics show that more young Americans are now choosing to settle down in modern urban environments, rather than beautiful rural areas.

Census info from 2014 highlights urban condominiums and high-rise apartment buildings as the new trend in first-home buying. In 2005, high-rises and condos accounted for just 17 percent of first-homes Americans purchased. In 2013, vertical urban living was the first-choice for 33 percent of first-home purchases. High-rises and condos accounted for 40 percent of new U.S. construction in March of 2014.

Bright lights and city life; the trend of urban living appears concrete.

But the Castleton University community is not too eager to pack up and move to the concrete jungle.

Castleton junior Katie Haseltine smiles as she explains how little she enjoys the noise and traffic of the city.

"I went to New York City once and it was really overwhelming ... Where I live, my driveway is like three miles long. You don't hear anything, other than maybe coyotes killing something in the middle of the night." Haseltine said she enjoys being able to do whatever she wants on her property, "without worrying about disturbing your neighbors."

Writing Specialist and long-time professor Bill Wiles is on the same page as Haseltine. His house rests 500 feet from the road, on an unmarked, private dirt highway. Wiles has lived in the country, in the suburbs and in the city, but he likes where he's at now.

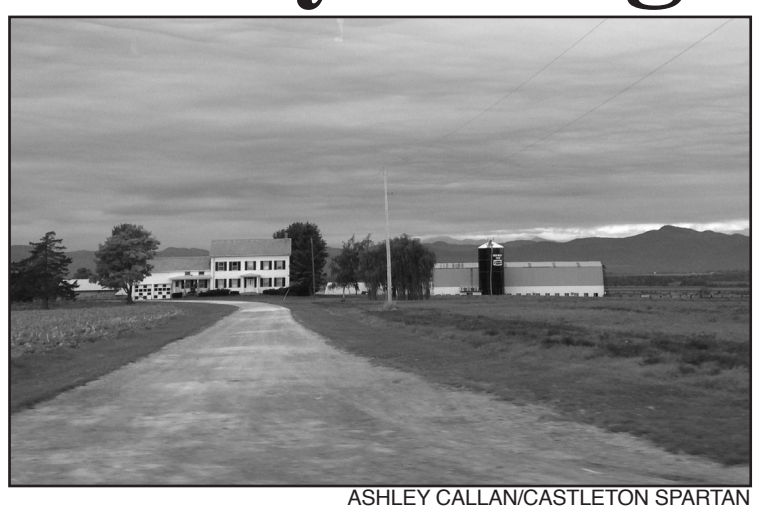
"At the end of the day, I can go home and don't have to be bothered with sirens, activity, all those kinds of things," he said.

Of 15 students surveyed, nine said they would rather settle down in the country. Four students surveyed said they believe they want to settle down in a metropolitan area. Castleton Vermonters Jimmy Britt, from rural Hubbardton, and Eva Clark, from suburban St. Albans, plan to live in the city first before eventually moving back to the type of settings they grew up in.

Although Britt wants to live in and experience the city, he also looks forward to raising crops and animals one day in the country.

Rachel Elliott agrees that urban living has its serious setbacks. She cites a lack of privacy and the absence of natural scenery as main reasons why she would not want to live in a big city.

"I like seeing nature more than just buildings," she said.



ASHLEY CALLAN/CASTLETON SPARTAN

Castleton students prefer rural locations to city life.

But the varsity women's hockey player also doesn't see herself living out in the middle of nowhere, either. Elliott explains how she grew up in the country, having to drive 30 minutes just to be able to buy everyday things. She also hated not having any neighbors to "play with." Elliot sees herself settling down in a "suburby area, kind of like Burlington. Close to enough stuff where you can shop and get everything you need, but not so-city where you can't see nature."

Suburban living poses as the happy medium, the middle ground of the debate. While being able to enjoy various aspects of both urban and rural living, some of the downfalls of both also find their way into suburban life. Professor David Blow says he enjoys his home in Queensbury, New York, a mix of country and small city. He admits that "long drives" are something he's learned to deal with.

English professor Flo Keyes grew up in suburban New Jersey but maintains she was always a country-girl at heart. Keyes enjoys the slower pace of life and admits that "Human relationships are less superficial in the country."

PHOTO CONTRIBUTED BY JORAH MCKINLEY

Former Spartan editor Jorah McKinley traveled to Fiji for a post-graduate internship.

With risk comes reward

By Carly Trombley
Castleton Sparton

Instead of immediately looking for a job after graduating college, Castleton alumna Jorah McKinley took the less travelled route by finding a two month internship in Fiji after walking down the aisle in the pavilion.

McKinley was a communications major before graduating last May, but wasn't sure what she wanted to do with her degree. After extensive online research, she came across Frontier, a company based out of the United Kingdom that specializes in sending people with a passion for journalism to work in other countries as interns.

Along with keeping a travel blog, four Fijian magazines now feature McKinley's work, including "Mai Life" and "Fiji time," which is the inflight magazine for Fiji Airlines.

"One of the magazines was a style magazine where I wrote about South Pacific culture, style and fashion," McKinley said. "Style's not really my thing so that put me a little out of my comfort zone."

According to McKinley, Castleton's staff and professors really encouraged her to think outside the box and study abroad.

"This is a very valuable option for graduates, especially if you can spend time in Fiji, or anywhere else in the world," said President David Wolk.

Her communications professors were especially supportive when it came to taking an internship in Fiji rather than getting a career after graduating.

"I had always wanted to study abroad for a semester while I was in school, but it never happened," McKinley said.

For her, Frontier gave her the opportunity she craved to go abroad, while getting paid and building her resume at the same time.

"Jorah is a shining example of a student who made a difference at Castleton before she went out to make a difference in the world, and it didn't take long for her to do so," said Wolk, "I'm very proud of her and I believe that more students could benefit from these life-changing experiences."

The magazine companies that McKinley worked with sent her to other islands around Fiji to write. While traveling, she learned that Fiji isn't just a tropical tourist spot.

"In the outside villages they live in reed huts with no electricity. They have cardboard flooring and no communication with the outside world," she said. "They walked everywhere they went unless they could afford fuel to take a boat."

The living situations weren't much better in Suva, the capital city, where McKinley worked and lived with her host family.

"There was no hot water in my house and we all lived in one room," she said. "The kids were running around and they didn't have toys or anything. They played with sticks."

This caused a realization in McKinley's mind when it came to everything she had back home. Even running water seemed like a luxury.

"Coming home and being inside my house and having a stove and a refrigerator and windows that close; it makes me realize everything we don't really need," said McKinley.

When McKinley returned, she sent her old professors her travel blog where she talked all about the culture and her experiences working there. She also just received copies of the magazines she wrote for from the company.

Those who were once supportive of her in class seemed to be just as supportive and proud upon her return.

"I think it's a very wise thing for a student to do and I'm sure she must have gotten that sense from us but it was really her doing." said Bob Gershon, one of McKinley's communication professors.

McKinley made an impression on everyone she met at Castleton, in and outside of class.

"I admire Jorah for following an unconventional path and I think she made the right decision, not just to build her resume through this very valuable internship but to grow as a person as well as a professional," said Wolk.

It seems like whenever the communications department needed a go-to person to really follow through with a task, McKinley was the girl to talk to.

"Jorah was the best example of what great students are like," said Gershon. "Some way or another, no matter what it is, you tell her what's needed and she'll just make it happen."

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New beginnings

Will Chmielewski
Castleton Spartan

A group of Castleton University officials and Castleton community members have begun meeting again to help the university and the town continue to improve relations.

At the Bridge Initiative group's meeting last week, they brainstormed ways to accomplish this with ideas ranging from Green-Up days to fun trips together to New York or Boston.

They also established a mission statement that states: "The Bridge Initiative is composed of town of Castleton residents and Castleton University personnel working to foster bonds of understanding and good will by raising awareness of existing resources for learning, enrichment and entertainment, and through innovative joint ventures."

The group was brought together in part by communication professor Robert Wuagneux after tensions were heightened between the town and the university. Students burned books on the town library steps, destroyed mailboxes and littered across town.

"Each person is a volunteer because he or she believes there are lots of good things in our community for students and community members," Wuagneux said.

Over the past year, the group has worked to bring the town and university together to better coexist. Events included a dinner at the Senior Center in which students and residents got to know each other, said Martha Molnar, a Castleton resident and chair of the committee.

Students worked at Mount Zion, cleaning up the grounds, chalking playing fields and lived with families, she said.

Chinese students also stayed with local families and treated their hosts to a dinner celebration at the end of the fall semester.

And group members touted the university's mentoring program, in which students go to the Castleton Elementary school and spend time with primarily fourth and fifth-graders

Through these efforts the college has been slowly regaining the support of townspeople, group members said. They said students have been treating the town better and are being more respectful about the noise they create and the trash that results after parties.

The group is planning a townwide clean-up day on April 24, in which they hope residents and college students and officials will work together, said group member Matthew Patry. Another is planned for after the annual Scorpion Bowl rugby tournament and bash, he said.

Molnar said she likes how the relationship is improving and said the group wants to continue that trend.

"We wanted to raise awareness of all the positive things the university has to offer the town, as well what the town has to offer the University," she said.

"American Idiot" coming to FAC

By Karsen Woods
Castleton Spartan

Castleton University continues its efforts to raise the bar as we settle in to our new appellation.

It's hardly a secret that the arts are seemingly on the verge of extinction, especially in the discipline of dance and theater. Arts are likely to go down in history as the worst educational and creative genocide to date.

To anyone with any inclination toward creativity, culture and dedication, this is a crime against humanity.

The Castleton Theater Department, however, is doing its job in combating societal injustices with its spring production of ''American Idiot: The Musical.''

"American Idiot: The Musical" is intended to be a raw collaboration of unsettling emotional experiences, exposing and confronting the audience of their subliminal and voluntary submission, and forfeiture of individualism; practiced and promoted through the media.

The show is scheduled to open on March 17. With a little over two months until production, rehearsals are well underway.

The physical demands of a production this intense require multiple lifestyle adjustments from nearly every participant. With a run time of about an hour and a half, there is seldom a moment without singing and dancing.

The drummer for the band ensemble, professor Phil Lamey, is reportedly running four miles a day just to get in shape for the show.

Castleton's stage adaptation of Green Day's iconic 2004 album release will likely shape the future of the department; much like the album's shaping of like-minded, apprehensive youth of its generation.

PHOTO CONTRIBUTED BY MEGHAN HAKEY

Students in the upcoming production of "American Idiot" rehearse a scene in the dance studio.

The entire production team, including actors and crew of roughly 50 people, are exhausting all their internal and external resources to declare that the disciplines of theater and dance are still here, and still relevant.

The energy of the music behind expressive choreography, coated by personal touches of individualism, drives home the themes ranging from intimate self-destruction to self-actualization – and everything in between.

Vestrich is a writer and an artist

By Elisabeth Waller
Castleton Spartan

Retired Castleton University communication professor Roy Vestrich showed his varying artistic interests recently, at the Castleton Downtown Gallery.

His exhibit titled "Papered Walls, Photographs from Around the World," opened Dec. 2, and included Vestrich's photographs spanning the past 30 years.

> "I see myself as a painter who takes photographs rather than a photographer that paints." - Roy Vestrich

The photographs of tattered, weathered, and layered posters on walls were taken during the artist's numerous travels to Europe, Canada, Australia, and China, as well as the United States.

The project began when Vestrich lived and worked in the South of France in the '70s.

"I had been working on an old house restoring it. I did a lot of mortar work, and brick work, and stone work, and I sort of got really interested in the textures and the feelings of scraped walls and ruins … I see myself as a painter who takes photographs rather than a photographer that paints. It's a photograph, but it's a painting," Vestrich said.

ELISABETH WALLER/CASLETON SPARTAN

Roy Vestrich poses next to his artwork at the Castleton Downtown Gallery. The exhibit closed on Jan. 16, but Vestrich is hoping to have the opportunity to show it elsewhere soon.

Understandably, the project evolved over time. When he began, he was shooting with film cameras and had a taste for walls that were as two dimensional as possible.

"There's a difference between the older versus the new. Trying not to find shadows and get my own reflection. One of the difficulties is how do you get the camera to not show up in photographs. And I didn't really like how the paper was coming off and making shadows. I was always trying to avoid that originally when I was shooting this to get more painterly, but I got more into that later, and you'll see a lot of the newer stuff has these almost three dimensional trompe l'oeil effects," Vestrich said.

According to Sarah Karczmarczyk, director of Art Galleries, the show was well received and also provided a chance for the author to read some of his writing.

"We actually had new people in that night who had never made it in before, and they made it for his poetry reading … from his book "River People,'" Karczmarczyk said.

Fifty-three year-old Rutland County native Brian McPhee viewed the show the day before it was taken down.

"I thought it was a great show. It was very well laid out and just beautiful work. I've never seen a show done with just walls. I thought that was a neat concept," he said.

Drew's Reviews: Future is now

By Drew Hersom
Castleton Spartan

Future was one of the biggest artists of 2015, dropping four projects in just five months. Only a few weeks into 2016 he's back with his latest mixtape Purple Reign. Any speculation that the acclaimed rapper would grow complacent in his newfound stardom has been squashed flat. Future sounds hungrier than ever on this 13-track project of album-quality music. On tape-standout "Run Up," he says "Until I see a billion dollars, ain't complete." That hardly seems like an empty threat when the artist charges a $200K fee to perform, and maintains a full schedule of tour dates.

"Purple Reign" somehow sounds like more of the same Future, while still introducing us to styles that are far removed from the artist's wheelhouse. Part of this could be attributed to his continued collaboration with trendsetting Atlanta producers Metro Boomin, Southside and Zaytoven. Metro Boomin shows especially nuanced chemistry with the rapper, giving him the perfect soundscapes for his nontraditional rapping voice. "Purple Reign," the eponymous closing track serves as a very familiar homage to promethazine, but sonically captures both the "rain" and "reign" implied by the title.

Future is starting to look unstoppable with his prolific mixtape output, and that fact seems to be feeding into his ego. Avid members of the Future Hive – the name for the artist's fan base - could play endless similarity games with this tape, likening "Inside the Mattress" to 56 Nights' "March Madness" and so on; however, some of these tracks are very experimental for the artist and his dedicated stable of producers. "All Right" weaves Future's voice into the mechanical chug of the beat, lending poignancy to lines that would look like filler if they were edited into the mix any differently. Metro Boomin also brings us the most surprising track on the project, "Drippin." This is as close as the Future Hive will likely get to seeing their hero return to his R&B roots, but the track is still stamped with all the hallmarks of post-Honest Future: minor key tonalities, self-deprecating mythologizing, etc.

In short, "Purple Reign" might just be Future's most accessible project to date. Many people have gained interest in the artist after the hype he generated in 2015. The quantity of his work might be a bit discouraging to newcomers though. Luckily for them, this tape wraps up everything special about the rapper's projects last year, and hints at some exciting new directions for this year. 2016 may just be the second year of Future's purple reign.

Spoiler Alert: Star Wars was awesome

By Jimmy Britt
Castleton Spartan

During winter break I was able to see "Star Wars: The Force Awakens" and it got me thinking about not only what is good or bad about the film, but what is in store for the next films.

I'm going to say this now: THERE WILL BE SPOILERS IN THIS STORY.

Now that has been said let's talk about the film.

"The Force Awakens" felt a lot like the original trilogy, which made it more entertaining to me. The film was smoother than the prequels. It didn't need explaining in order to make it entertaining, and it didn't feel like a two-hour experience, which is a plus. But the content is what truly made this film great.

I'm very happy that "The Force Awakens" has introduced new characters that play well off the originals. Poe is cool too, but he's just an additional Han Solo. Finn and Ray are the ones who really take the cake.

The idea that we have Finn defect from the First Order and fight for the Resistance is super cool. He decided that he no longer wants to be part of the problem and joins the solution. But what I truly loved, was that we now have a strong female lead in the story.

Yes Princess/General Leia is a strong and smart female character that who has been in the series, but she never really felt like a lead character. Don't get me wrong, I think Leia is great and she did a lot for the Rebels in the original films, but Ray has taken it up a notch. To me she is the first true female lead in the "Star Wars" theatrical film universe.

Ray is a bad ass. Plain and simple. She lived alone on Jakku her whole life so she knows how to fend for herself. But what really makes her a great character is how emotional she is. She can go from happy to "I'll kill you if you hurt my friends" in a matter of seconds. But it's a smooth and realistic transition. I'm really excited that she is the new Jedi in the franchise.

Though she doesn't discover her powers until the middle of the film and hasn't been trained yet, she can already use the force well and she can handle a lightsaber. I'm hoping that they give her a cool background about who her family really is. My guess is she's related to Obi-Wan Kenobi, but if I talk about one Force-user I need to talk about our new Sith, Kylo Ren.

First off, I hate that people are calling him a little bitch. Kylo may be emotional throughout the film, but this shows he is still at conflict with the dark and light in him, which is great for character development in the future movies. Also he is the strongest force user we have seen on the big screen.

He stopped a blaster bolt mid-air and had conversation while holding it. Not even Yoda could do that. Kylo also has shown he has developed strong mind extraction and torture skills, which are super cool ideas for a Sith to have.

But the big thing that people need to get over, and here comes the spoiler, is Kylo Ren killing his father, Han Solo. That's right people, Kylo Ren aka Ben Solo kills his father because he believes that if he can do that he will no longer be conflicted by the two sides of the Force. He has decided to be like his grandfather Darth Vader, and finish what Vader started. Though I almost cried seeing that unfold on-screen, I still like Kylo and the movie.

"Star Wars: The Force Awakens" was everything that I wanted it to be. It was the perfect transition from the old to the new. I am extremely excited to see what is in store for the next films. Fingers crossed that Kylo becomes Ben again and becomes a Jedi, but I'll just have to wait till Dec. 15, 2017 for the next film.

Students honored to hear from Capt. Phillips

Continued From Page 1

In 2013, Tom Hanks starred as the hero in the film Captain Phillips, which portrays the day-by-day standoff between the pirates and the Navy. Interestingly enough, in the opening scene of the film, the Phillips' family van is shown with a Castleton sticker resting proudly on the back.

Castleton students are already getting anxious to hear what the American hero has to say.

"I'm most excited to hear about how his life has changed after everything he went through and how he has recovered from such a devastating experience," said Coloutti.

According to Mariah, it didn't take long for Phillips to overcome the situation.

"He put that event behind him the minute he got home. He's very inspiring in that sense. No matter what has happened to you, there is life in between. Life goes on."

That being said, the experience has left an impact on the Phillips family.

"As a family, we are more grateful for what we have in life," said Mariah. "You really can't dwell on the past, it's meant to stay behind you so you can move forward."

Wolk thinks Phillips will not only be interesting, but that he has a lot to offer to Castleton graduates.

"I think he will be inspirational, informative and entertaining," said Wolk. "He has a great sense of humor and is a great person who I think will resonate with our students."

Timeless words at spring convocation

Continued From Page 1

Wolk also seemed to be greatly moved by Mills' performance.

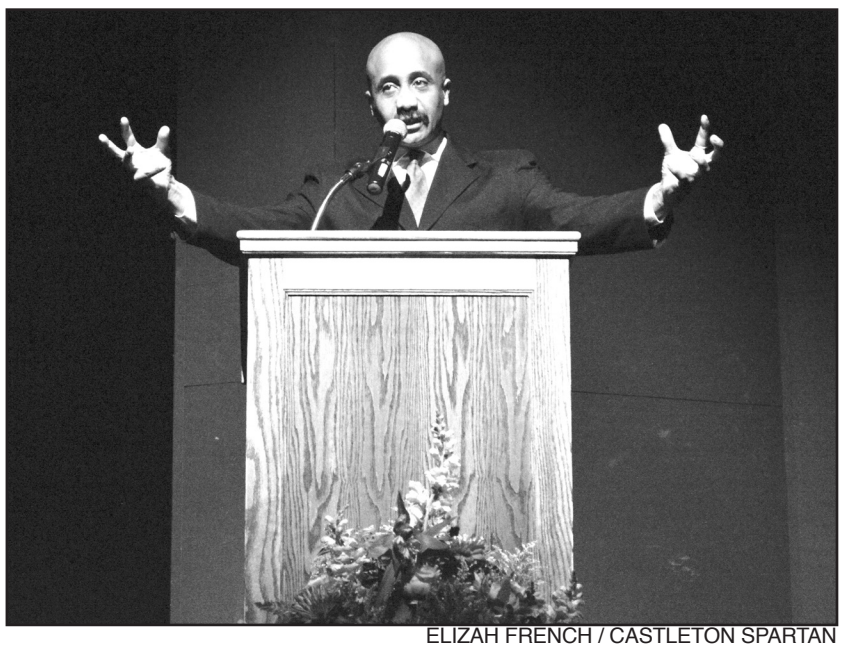
"David Mills effectively replicated not just the words, but the passion behind the speech," Wolk commended.

Outside the theater, Wolk related the words of King to many of the accomplishments of Castleton University.

"It fits perfectly with what we're trying to do at Castleton in terms of enhancing diversity, promoting social justice and welcoming all people here," Wolk returned to his aforementioned thankfulness of the 35 flags hung in the foyer of the University. "I am very proud of that. We welcome everyone because the global family is the Castleton family," Wolk said.

The Spring Convocation symbolized precisely what the Castleton community stands for, according to Wolk.

The beautifully delivered rendition of Dr. Martin Luther King Jr.'s "I Have a Dream" speech reminded all of us "to open our doors and our hearts to everyone around the world."



ELIZAH FRENCH / CASTLETON SPARTAN

David Mills brings MLK speech to life during spring convocation.

Men's group shares life experiences

COURTESY PHOTO

Men's club members left to right, Luther Brown, Bob Gershon, Jonathan Scott, John Gillen, Bill Ramage and Bob Johnson all pose together for a photo.

Continued From Page 1

"They'd kill me for telling you this, but every February we go to the mountain and sit in a hot tub," he said laughing. "When we get out it's so cold we think we're going to die!"

The group usually meets at a restaurant or one of their homes on a monthly basis, but sometimes they go elsewhere depending on the situation.

"Once we met in a Teepee in Middletown Springs. We were just looking for interesting things to do," Johnson said. "Once we hired this guy to teach us how to drum and he brought a whole bunch of drums. He made us sit in a circle and beat on drums. Robert Bly had his idea that men should learn how to drum together so we said 'I guess we're men. Let's do it!'"

On one occasion, when Ramage was in the hospital, the group met in a room in the hospital.

"This connection is different than just being friends. I don't know exactly why it's different, but it's something about who we are as a group," Ramage reflected, noting that they have helped each other through many hard times.

"I think we've become a little bit of a family… we don't see each other all that often outside of the group, especially now that so many have retired and no longer haunt the halls of Leavenworth and the Fine Arts Center, but we're there to support each other when a need arises," Gershon said.

"One of the major issues is trying to figure out why we're meeting and we never did figure it out, but we continue to meet," Johnson said.

''It became a place to eat chips and talk, but we wanted to figure out what are men and what do they have in common besides biology."

Gershon noted that sometimes it's just fun to spend time with this group of guys, existential philosophy aside.

"It's just fun to be in a group of really smart people where the conversation might range from what's going on in art galleries in New York City to quantum mechanics to Eastern philosophy. And, of course, school politics," he said. "And everyone in the group likes to laugh."

All combined, they have over 200 total years of service to the college. Gillen, the longest serving Castleton employee, and possibly even in the entire Vermont State College system, has worked at Castleton for 45 years.

"We represent that past era," Ramage said.

The men have memories of Castleton that are just historical facts to current students.

On a Wednesday morning, Ramage and Johnson sat in the fine arts center box office catching up and joking around before Johnson saw the art for the first time. Their witty banter exemplified the humor and friendship the group seems to represent.

"I'll just sit here with my friends," Ramage said with a chuckle.

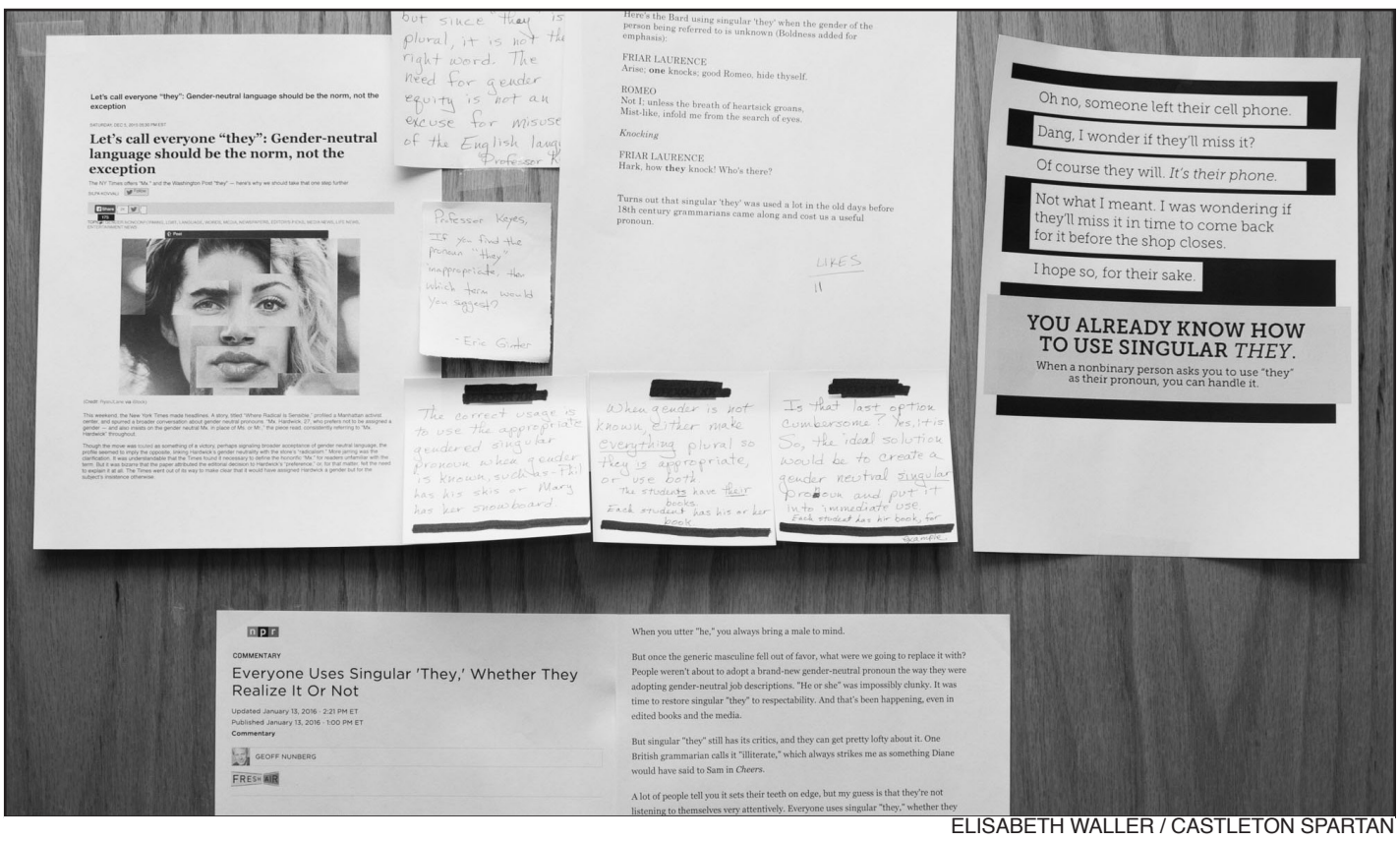
"But you don't have any friends," Johnson joked.

"I thought you were my friend!" Ramage replied

"Well, if you ever need blood--," Johnson paused and then continued, "I'd be glad to drive you to the hospital."

A door to inclusiveness

By Elisabeth Waller
Castleton Spartan


Let's call everyone "they": Gender-neutral language should be the norm, not the exception
Let's call everyone "they": Gender-neutral language should be the norm, not the exception
out since "they" is plural, it is not the right word. The need for gender equity is not an excuse for misuse of the English lang
Professor K
Professor Keyes, If you find the pronoun "they" inappropriate, then which term would you suggest?
- Eric Ginter
Here's the Bard using singular 'they' when the gender of the person being referred to is unknown (Boldness added for emphasis):
FRIAR LAURENCE
Arise; one knocks; good Romeo, hide thyself.
ROMEO
Not I; unless the breath of heartsick groans,
Mist-like, infold me from the search of eyes.
Knocking
FRIAR LAURENCE
Hark, how they knock! Who's there?
Turns out that singular 'they' was used a lot in the old days before 18th century grammarians came along and cost us a useful pronoun.
LIKES
11
The correct usage is to use the appropriate gendered singular pronoun when gender is known, such as Phil has his skis or Mary has her snowboard.
When gender is not known, either make everything plural so "they" is appropriate, or use both
The students have their books.
Each student has his or her book
Is that last option cumbersome? Yes, it is So, the ideal solution would be to create a gender neutral singular pronoun and put it into immediate use
Each student has his or her book, for example
Oh no, someone left their cell phone.
Dang, I wonder if they'll miss it?
Of course they will. It's their phone.
Not what I meant. I was wondering if they'll miss it in time to come back for it before the shop closes.
I hope so, for their sake.
YOU ALREADY KNOW HOW TO USE SINGULAR THEY.
When a nonbinary person asks you to use "they" as their pronoun, you can handle it.
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COMMENTARY
Everyone Uses Singular 'They,' Whether They Realize It Or Not
Updated January 13, 2016 · 2:21 PM ET
Published January 13, 2016 · 1:00 PM ET
Commentary
GEOFF NUNBERG
FRESH AIR
When you utter "he," you always bring a male to mind.
But once the generic masculine fell out of favor, what were we going to replace it with? People weren't about to adopt a brand-new gender-neutral pronoun the way they were adopting gender-neutral job descriptions. "He or she" was impossibly clunky. It was time to restore singular "they" to respectability. And that's been happening, even in edited books and the media.
But singular "they" still has its critics, and they can get pretty lofty about it. One British grammarian calls it "illiterate," which always strikes me as something Diane would have said to Sam in Cheers.
A lot of people tell you it sets their teeth on edge, but my guess is that they're not listening to themselves very attentively. Everyone uses singular "they," whether they

ELISABETH WALLER / CASTLETON SPARTAN

A door in Leavenworth Hall holds posters and articles debating inclusiveness at Castleton. A debate over which pronouns people prefer to be referred by has ensued.

A debate has been taking place on a Leavenworth Hall corridor door that raises questions about the inclusiveness of Castleton.

Posters, articles printed from the web, and hand-written notes have been taped by different people to the first-floor door of the English department. The subject: respecting identities and proper English.

Sam Green, video broadcast technician, has an office in Leavenworth and has followed the discussion from the beginning.

"I don't know when the first little thing went up. It was a one page. I didn't really think of it until there were these hand-written notes attached to it, and it was kind of just—I took it as a shut down. Like it was a non-argument. "Well, this is a rule of English and people's feelings don't matter," Green said. "The argument got changed from this is not appropriate to we need a new word."

It started with an article titled "Let's call everyone "they": Gender-neutral language should be the norm, not the exception." Under the main headline read "The NY Times offers "Mx." and the Washington Post "they" — here's why we should take that one step further."

That article was attached to the door at the end of last semester, which started the conversation.

In response, a note was posted, signed by English professor Flo Keyes stating, "Yes, we do need a gender-neutral singular pronoun, but since "they" is plural, it is not the right word. The need for gender equity is not an excuse for misuse of the English language."

A note was added and signed by student Eric Ginter asking, "If you find the pronoun "they" inappropriate, then which term would you suggest?"

In a follow-up, another note from Keyes was added.

"The correct usage is to use the appropriate gendered singular pronoun when gender is known, such as Phil has his skis or Mary has her snowboard. When gender is not known, either make everything plural so "they" is appropriate, or use both…"

To students Chelsea Carey and Em Spiese, the debate is particularly meaningful.

Carey, a junior psychology major and English minor, said he uses he, she, and they as alternating pronouns.

"Part of what I love about English, what made me keep my English minor, was how dynamic the language is. How any language is. We wouldn't have the English we have today if it didn't change and adapt to the needs of society, that's how languages survive," Carey said.

Spiese is a sophomore English and theater double major who uses they, them and their pronouns to refer to people.

"It's interesting to me mostly because in society we already use they, them, their as a singular pronoun when we're not referring to specific people. Like, if someone left their bag behind, you'd be like "Oh, no! Someone forgot their bag. I hope they come back to get it," Spiese said, placing emphasis on the word "they."

"Language is so fluid that if you try to stop it you're just going to end up looking very closed mined," Spiese added.

"They" is used in singular form in the English language, but it is also being added to stylebooks and rule guides. In December 2015, The New York Times added the gender neutral Mx. to it's style rules. Around the same time The Washington Post added the singular "they" and The Atlantic published a piece on how its use of "they" as singular goes way back to a story it printed in 1879.

Of course, the debate isn't merely an academic one. As Spiese, Carey and Green all alluded in one way or other, it's about identity, sense of self and discrimination.

"I think if someone comes to you and says, "Hey, these are my pronouns. This is my name. I would like you to respect that—my identity—then you should do that," Carey said.

Spiese spoke to the profound effect that being misgendered can have.

"What people don't understand, when you're not in that situation, is that using someone's pronouns that feel right to them does a lot more for them then not using them will do for you. It's really detrimental to someone's mental health, someone's emotional health, and self esteem. It tears you apart when someone misgenders you on purpose because they don't see what's right about what you feel," Spiese said.

Green has experience being misgendered.

"It's like being accused of something you didn't do almost. It's just so hard when someone doesn't believe you, and it's just a fact of who you are … Often I'll be seen from behind or something and people will say "he." I've been kicked out of Target bathrooms, actually, more than anywhere else, like three different Targets. I've had an employee come in and try to take me out of the bathroom. It's bizarre. I actually have a panic attack if I have to pee in a Target. I won't go anymore. I laugh about it because I have to, because it's just easier to laugh about it now," she said.

Some universities and colleges are now allowing students to list their preferred name and pronouns on all paperwork. Middlebury College instituted such a policy in 2014 as part of their Preferred Names Project.

The University of Vermont was praised for its efforts to become more inclusive in an early 2015 New York Times article titled "A University Recognizes a Third Gender—Neutral." UVM students can log into the school's web portal and change their first name and pronoun, which will be reflected on class rosters, grade reports, advisee lists, transcripts, directory listings and in medical records.

The university has also made gender neutral housing available, gender neutral restrooms, and has multiple pages on their website devoted to helping trans and gender non-nonconforming people find information and assistance.

When asked about the possibility of Castleton also instituting a similar pronoun listing policy, Associate Academic Dean Ingrid Johnston-Robledo didn't hesitate.

"It's the very least we can do," she exclaimed.

Carey also liked the idea.

"I think it would also remove accidental outing. If you're in class and they read your birth name and they start using female pronouns, you're faced with the conundrum of "Do I out myself to all these people who I just met—not even met, really—or do I just sit here quietly and endure?" And it's not really any skin off the teacher's backs to just have two more words to read," Carey said.

Castleton is taking steps to become more inclusive. On Jan. 19, it hosted a conference for the New England Educational Opportunity Association as part of its Professional Development Training. Lyndon Cudlitz, Training and Education manager for Pride Center of The Capital Region, spoke at the conference on "Understanding Gender Identity and Sexuality."

Meredith Fletcher, coordinator of Placement & Graduation Standards, attended along with five other Castleton staff and faculty members.

"We were discussing pronouns and what we can do as universities and colleges to pursue the use of non-gendered pronouns, and we didn't come up with a definitive "This is what we can do," but we all were in agreement that we should do something, and especially on forms to make that more conducive to everyone instead of just cisgender people," she said.

Students, staff and faculty seem to agree that the university's efforts to foster more a more inclusive environment are necessary.

"There's that weird backlash of people thinking they don't have to respect people's feelings, and you know, in academia especially, we toe the line of: we learn in uncomfortable moments. You know I'm not always going to talk about things that make us happy, we're going to learn about things that are rough and difficult, but the goal shouldn't be to be more difficult to people," Green said. "It's one thing to say historically this has happened and it's rough, but now we can learn from that and we can move on, so shouldn't we be applying that to?

"If you've never had that experience of 'Oh, yeah! People aren't caring about me, people don't seem to care,' well, I mean, shouldn't we be caring, aren't we the University with a big heart?"

Spartans win last four out of last five in NAC

WILL CHMIELEWSKI / CASTLETON SPARTAN

Lindsey Sabo looks to pass in game earlier this month in Glennbrook Gym.

By Jordan Lumsden
Castleton Spartan

Castleton vs. New England College

The Castleton University Women's basketball team extended its winning streak to three games in a rematch of last year's North Atlantic Conference championship game beating New England College 56-33. Castleton's defense held New England College scoreless from the field in second half en route to the victory. Junior Lindsay Sabo was a force on both sides of the ball, scoring a game-high 22 points and snatching six steals while senior Bryanna Dupont dominated the paint with 12 points and 13 rebounds. Junior Guard Marjani Lillard and Senior Forward Tiffany Davis both finished in double figures for the Pilgrims with 11 points each. The Spartans improve to (11-3) overall and (7-1) in NAC competition while the Pilgrims fall to (8-6) overall and (2-5) in Conference play.

Castleton @ Husson

Coach Tim Barrett's squad then went on the road, losing to the Husson Eagles 72-52. The Eagles held the Spartans to just six points in the third quarter providing the cushion they needed to soar to a confortable win. Husson's Kenzie Worcester led the way with 21 points while Darla Morales added 17 points from off the bench. Jade Desroches led the Spartans in scoring with 10 points. The loss ended Castleton's three-game winning-streak, giving them a record of (11-4) overall and (7-2) in NAC play. Husson improves to (11-3) overall and (9-0) in NAC competition.

Castleton @ Maine-Maritime

The Castleton Spartans went on an 11-2 scoring run to finish the game and beat Maine-Maritime 65-56 on the road this past weekend. Three Spartans finished in double figures including senior Bryanna DuPont, who ended the game with a double-double of 14 points and 11 rebounds. Alayne Felix led the Mariners with 16 points while Mackenzie Vosburgh added 13 points off the bench. The Mariners fall to (8-7) overall and (5-4) in NAC competition. The Spartans improve to (12-4) overall and (8-3) in NAC play.

ASHLEY CALLAN / CASTLETON SPARTAN

Anna Daniels carries the puck across the neutral zone to escape a Norwich defender. The 1-0 win marks the first time that Castleton has beaten Norwich in program history.

A huge victory

By Jordan Lumsden
Castleton Spartan

Ashley Pelkey's lone goal in the second period and Jess Cameron's outstanding 39-save performance was all the No. 10 Castleton Spartans needed to beat the No. 9 Norwich Cadets for the first time in program history on Jan.16.

With just 6:11 left in the second period freshman Aimee Briand won the face off to Pelkey in the offensive-zone. Pelkey carried the puck around the boards then made a move to the front of the net. Pelkey fired a wrist shot in close, beating Norwich goalie Laurie King to the near post to put the Spartans up 1-0 heading into the second intermission.

"When I started going down the ice the Norwich players just backed off," said Pelkey on her game-winning goal.

The Spartan's win was more than just a regular conference win for Pelkey and Cameron.

"We used to play Norwich and get beaten 11-0 before any of us girls got here," Pelkey said.

"It means a ton for our team. It's been in the making for years now," Cameron added

Castleton Head Coach Steph Moberg agreed.

"I think it just shows that we have a really strong group this year. Norwich was a big obstacle in years past," Moberg said

Cameron recorded her third shutout of the season after stopping a barrage of Cadet shots. Norwich Head Coach Mark Bolding gave Cameron credit where credit is due.

"She's an excellent goalie, very calm, consistent and obviously a big gamer," Bolding said. "We knew she was a good goalie but the evidence is continuing to mount as she does well, not only against us but a lot of teams."

Cameron pushed the credit away saying how communication plays a big role in their overall team defense.

"I think it's really important for me to let the D know when someone is on them," Cameron said.

Neither team was budging defensively but both teams continued to fire away at the opposition. Norwich shot the majority of their shots from the blue line and outside the slot. Castleton limited Norwich's opportunities for second chance looks, which Bolding said was a key factor.

"Even if there is a rebound, you're going to have to fight through a Castleton defenseman to get there, so I think that was probably the biggest problem. We just didn't fight hard enough to get our scoring chances cashed in," Bolding said.

Halfway through the third period Hannah Rose connected with Taylor Steadman on a stretch pass giving her a breakaway. Steadman deked but was stuffed by King, keeping the Cadet's hopes alive. Norwich fired 13 shots on Cameron in the final frame to no avail.

The Cadets and Spartans face off next on Feb. 19 as they travel to Kreitzberg Arena for the highly anticipated rematch between the two in-state rivals.

The Spartans are currently 13-3-2 overall and 8-1-1 in conference play. Their next home game is Saturday Feb. 6 at 4p.m. against Plymouth State. The Spartans will host their annual Pink the Rink event for breast cancer awareness.

WILL CHMIELEWSKI / CASTLETON SPARTAN

Pavin Parrish looks to set up the offense against New England College on Jan. 16.

Struggles continue

Castleton vs. New England College

The Castleton University men's basketball team edged New England College 59-57 at home earlier this month. Spartan freshman Edmond Fitzgerald hit two clutch free throws with five seconds left in the game to seal the victory for the Spartans. Fitzgerald came off the bench to record his first career double-double with a game and career high 16 points and 13 rebounds. Pavin Parrish added 15 points and five steals while Rob Coloutti tacked on 13 points and three steals of his own. Dezron Wilson was the lone Pilgrim in double figures with 12 points. Castleton improves to (5-10) overall and (4-4) in NAC competition. New England College falls to (5-9) overall and (2-5) in NAC play.

Castleton @ Huuson

The Spartans then travelled to Husson where they fell to the Eagles 73-61. Husson's team offense proved to be too much for Castleton despite Rob Coloutti's 26-point effort and a double-double of 13 points and 11 rebounds from Tondi Mushandu. Trevon Butler led the the eagles in scoring with 17 points. Going into the half tied at 31, Husson was able to outlast Castleton and pick up the 12 point victory. Husson improves to (11-3) overall and (9-0) in NAC play. Castleton falls to (5-11) overall and (4-5) in NAC competition.

Castleton @ Maine-Maritime

Three straight free throws and one keys steal by Rob Coloutti in the last three minutes lifted the Spartans past the Mariners of Maine-Maritime Academy 56-54. Coloutti helped claim a one-point advantage by sinking both free throws with just under three minutes to play. Both teams exchanged possessions with the score gridlocked 55-54. With eight seconds remaining the Mariners had the ball and a chance to take the lead. On the inbound pass Coloutti stole the ball and was fouled. He sank the first and missed the second giving the Spartans a two point lead. With five seconds left Maine-Maritime was unable to convert sealing the Castleton victory. Coloutti finished with a team high 15 points while Tyler Arsenault put up a career best 10 points. Brendan Newcomb led the Mariners in scoring coming off the bench to score a game high 18 points. The Spartans improve to (6-11) overall and (5-5) in NAC competition. The Mariners fall to (3-13) overall and (2-7) in NAC play.

Alpine skiing finishes inside top three

By Jordan Lumsden
Castleton Spartan

The Spartan skiers were eager to get on the slopes after this unseasonably warm winter. After their first meet at Okemo Mountain in Ludlow, Vermont being postponed due to weather, both the men's and women's teams have made the podium in slalom and giant slalom in their last two meets.

Men

The Spartans finished their first day of competition at Blackwater Ski Area in Andover, New Hampshire, posting a third place finish in the slalom event with a total time of 299.07 seconds. Matt Couture led the way posting the fastest run of the day with a time of 1:37:17 with two other Spartans finishing in the top 15. Tyler Smith finished in ninth and Christopher Yopp in fifteenth. On the second day at Blackwater the Spartans claimed a third place finish once again in the slalom event with a total time of 305.98 and finished just two seconds behind first place finisher Clarkson. Couture was the top finisher for the Spartans with a fourth place finish overall. Tyler Smith posted a time just behind Couture to finish in fifth.

The Spartans took their momentum into the next weekend at West Mountain in Queensbury, New York. They claimed the top spot in the giant slalom event with an overall time of 6:55:08, less than a quarter of a second faster that second place Babson, who posted a time of 6:55:29. Couture finished in first place, grabbing his second victory of the season. On the second day of skiing at West Mountain, the Spartans finished in four position overall in the slalom event. Connor Kelly was the top Castleton finisher in seventh place while Erick Robicsek finished in 11th place.

Women

The Spartans took second place on both days of the slalom event at Blackwater Ski Area. The Spartans finished 11 seconds behind winner, Brown, on both days with an overall time of 329.24 on the first day and 331.17 on the second day. Three Spartans finished in the top 15 in the first race, including two freshmen. Anna-Julia Storch posted a time of 1:47:22, claiming third place while Linn Ljungemo finished in eleventh and senior Simona Croccolo in fourteenth. The three improved on their previous performances the following day. Ljungemo and Storch finished less than a second of each other and sixth and seventh respectively while Croccolo claimed twelfth place.

Freshmen duo Storch and Ljungemo continued to impress the following weekend helping Castleton take second place in giant slalom at West Mountain. Storch took third place with a time of 1:47:34 while Ljungemo was hot on her heels in fourth place, turning in a time of 1:47:43. On day two at West Mountain the Spartans grabbed their fourth straight second place finish of the season. Ljungemo and Storch put up top ten performances as they continued to lead the way for Castleton while Croccolo finished just outside the top ten in 11th.

The Spartans will travel to Whiteface in Lake Placid, New York this weekend to compete in back-to-back days of the slalom event.

Ackerman gets minor league gig

By Casey McGraw
Castleton Spartan

Growing up in small-town Vermont and attending West Rutland High School, Emmitt Ackerman was an avid Red Sox fan, attending approximately 50 games in his 21 years. Little did he know, his first job out of college would be for his biggest rival growing up; the New York Yankees.

Ackerman, who graduated from Castleton University last semester, attended the MLB Winter Meetings in Nashville, Tennessee in December, hoping to find a job.

"I applied for like 20 jobs and got an interview with the Thunder (the New York Yankees AA affiliate in Trenton, New Jersey) right there in Nashville," said Ackerman. "Two hours after the interview I had a meeting with the GM and got offered the job."

Ackerman's official title with the Trenton Thunder is Visiting Clubhouse Manager. He says he handles the visiting team's operations and organizes their food plans as well as anything else they need.

"A clubhouse manager is basically an equipment manager but in baseball we're just called clubhouse managers," Ackerman said.

Working for the Vermont Lake Monsters over the summer to complete an internship requirement, Ackerman got his first taste of the baseball industry. He served as their clubhouse manager and was also brought on trips with the team, which he says "was the best part."

Marybeth Lennox, the head of the Sports Administration major at Castleton, believes the required 450-hour internship is extremely important to a student's success down the road.

"The strategy behind requiring an internship is directly related to the competitiveness of the industry as a whole," Lennox said. "Very rarely are people hired who don't already know people in the industry. Emmitt got himself connected in Minor League Baseball and I'm sure that's how he got his connection to the Yankees."

When asked what her reaction was to the news of Ackerman's hiring, Lennox let out a giant sigh of relief.

"It's the best news a professor in any industry can probably hear," said Lennox about learning of Ackerman's job. "Even though I am a Red Sox fan, you have to respect the Yankees and Emmitt certainly opened the door for himself."

Despite being an avid Red Sox fan, Ackerman never played baseball but instead was a successful soccer and basketball player at West Rutland.

"I never thought I would be working in baseball, but I have a decent start in it so hopefully I can work for an MLB club soon."

When asked how he will adjust to being on "the dark side" that is the New York Yankees, Ackerman had to chuckle.

"Well I have to support the Yankees now because they're paying my bills," Ackerman said with a laugh. "But I will always like the Sox no matter who I work for."

Emmitt Ackerman

COURTESY OF CASTLETON ATHLETICS

Castleton University forward Chad Copeland in action earlier this year. Copeland was sidelined this year after learning of a cyst that requires surgery.

Hard to cope

Knee injury shuts down 2015-16 season for Chad Copeland, will return next season

By Callie Ginter
Castleton Spartan

Chad Copeland's college basketball career was comparable to lining a kid up against a wall and measuring them to see their growth, but Copeland wasn't making progress, he was digressing. And that just wasn't like him.

"You don't notice it because you're with them everyday. He wasn't the same guy, it was like night and day," said head basketball coach Paul Culpo. "It used to be that teams couldn't stop him. I popped in a tape of him to make sure I wasn't going crazy."

But there was a reason.

The 6'6, 220-pound senior forward was playing basketball with a 22-centimeter in diameter tumor in the back of his knee, a golf ball-sized cyst called Chondroblastomas. Professor and Health Science Coordinator Peter Kimmel explained the disease as, "a rare tumor in cartilage near the end of long bones in young patients. Pain is the most common symptom and they are found in men twice as often as they are found in women," he said.

Copeland made joke of it saying it's found in guys like him: "tall lanky and goofy." But Copeland is handling the news better than his mom, Christine Copeland.

"I was concerned when he was playing because I have watched him play basketball for 13 years and I knew he was not playing to his potential. Something was wrong. I could see that he was frustrated as well," she said.

Copeland knew too.

"I couldn't run or jump or anything during games … I was just fighting through it, but it hurt a lot, this year it just killed me," he said.

Copeland had been playing with this cyst for nearly two years. Most people believed he had a torn meniscus, but Culpo had his own theory. He explained how when Copeland showed up as a freshman, he couldn't do a left-handed layup properly because when you go up for the layup, you tuck in your left leg in, which was something Copeland wasn't capable of.

Senior forward and friend Casey McGraw admitted the team didn't think it was anything serious at first. He explained that they encouraged him to play through the pain like a lot of other players do, but they were all later shocked by the bizarre diagnosis.

"We found out he had a potentially cancerous cyst in his knee just before our first practice after Christmas, so we kind of got blind-sided with news that we lost a key player for the rest of the season, but more importantly that one of our brothers is going through something much bigger than basketball," said McGraw.

Copeland is lucky his coach made him go for MRI. He explained that it could be cancerous if ignored, which is why they have to remove it. The surgery is painful and the cyst is attached to his meniscus and going into his bone.

The procedure will involve digging bone out of the back of knee and taking bone out of hip and putting it in his knee.

He nonchalantly said he isn't overly concerned about the surgery, but his mom is.

"Yeah she's probably nervous but she's nervous about everything," he said laughing.

All Copeland is worried about is his future playing basketball. He took a medical redshirt year allowing him to come back next year and play a fifth year while taking graduate classes.

"If I couldn't have had my year back, it would have affected me. My goal was to play overseas after college to get a contract," he said. "I got my year back. It will be better for me to be 100 percent anyways."

Because Copeland is out for the rest of the season, the team has had to make adjustments to make up for his loss. Although he was a star player, McGraw is confident the team can bounce back without him.

"Since we lost Chad, we've had to find ourselves and redevelop an identity. Freshmen have had to step up and there have been some really promising moments that shows that we are still very capable of winning a championship this year," said McGraw.

Copeland's surgery is planned for the beginning of February, followed by eight weeks on crutches and physical therapy.

"I believe this will have a happy ending," Culpo said.

Going back to Cali

By Alden Bisson
Castleton Spartan

After 21 long years the NFL is set to return to the city of angels.

A meeting in Houston among the owners last week has forever altered the course of the NFL. With a 30-2 vote to approve the move, the Rams packed their bags and waved goodbye to the city they once called home and boarded the next plane to LAX.

The St. Louis Rams are no more. But that doesn't mean we should forget them. The memories of Rams moments aren't something we need to ignore. The opposite is true. The memories, good and bad, are what we should celebrate and share with each other.

It's Steven Jackson rocking the goggles and letting out his dreads to honor Eric Dickerson in October 2010 after Jackson took over as the Rams' all-time leading franchise rusher. It's Rosey Grier meeting with the team as the St. Louis Rams prepared to honor one of the Los Angeles Rams all-time greats, Deacon Jones.

It's Jack Youngblood and Orlando Pace. It's Marshall Faulk and Dick "Night Train" Lane. It's Kurt Warner and Roman Gabriel and Marc Bulger and Jim Everett.

It wasn't all good times in the Gateway to the West. During the late 2000s St. Louis was responsible for the worst three-year record in NFL history, going a pathetic 6-42 during that stretch.

Years of mediocrity made it damn near impossible to show your face in public as a Rams fan, but through thick and thin, hell and high water, St. Louis rose to the occasion.

The fans continued to pour into the Edward Jones Dome regardless of their record. They wanted so badly to see the team they loved finally return to their winning ways, and while they flirted with the playoffs, they were never able to get over the hump.

"Humbly, eternally gratefully: Thank you St. Louis. I'm sorry we fell short the past 8 years. You treated me like family anyways. I love ya'll." tweeted by Rams defensive end Chris Long after news broke of the return to Los Angeles.

I know this week has been tough for St. Louis fans to adjust to the cold reality that the Rams are leaving. Nobody, me least of all, should tell anyone how to deal with this. It's personal, and it should be. I also know there's a contingency of Los Angeles fans who are celebrating the return of the team they once knew as their hometown team.

I'm not telling LA fans they shouldn't celebrate. I'm telling you that those memories can't be undone no matter what emotions you have regarding the teams move, no matter what the current owner or front office does. St. Louis or Los Angeles, they will never take the Rams away from us.

Sports through pictures

ASHLEY CALLAN / CASTLETON SPARTAN

COURTESY OF CASTLETON ATHLETICS

Simon Teodorsson (left) controls the puck in the offensive zone against New England College's Andrew Price. The Spartans beat New England College 3-2 on Friday then beat St. Anselm 2-1 the next night. The nordic ski team participated in their first varsity meet in progam history at a race in Paul Smith, New York. Both men's and women's Track and field competed at the Middlebury College Winter Classic on Jan. 16. Chelsea Borah (right) participates in a throwing event

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday February 10, 2016 CastletonSpartan.com Castleton, Vermont

Students ponder costs of college housing

By Jadie Dow
Castleton Spartan

Every spring semester, the hunt for housing begins. Apartments are looked at, leases are signed and roommates are picked. The students choosing to live off campus are in a scramble mid-January to figure out where they are going to live in August.

Students choosing to live on campus have until April, but the stress is just the same. Will they find an open suite to live with all of their friends? Will they have to get a random roommate?

This stress increased because everyone knows that who they live with and where can determine a lot about how the next year is going to go.

But what about the financial side of it?

Many students are surprised to find that it can be cheaper to live off campus - even for in-state students.

"I print an example and calculate how much aid will cover if the student lives off campus. It depends on a lot of things, but often it can end with a refund check to put toward rent," said Jennifer Woodell, a consultant in the Financial and Registration office.

Though some students will save money, others will not. Junior Stephanie Knight will not.

"There are just a lot of factors that contribute to it. I have a hard course load so I don't have time for a job off campus, which will make it hard to buy groceries. I also don't have a car, so it's just easier and less stressful for me to live on campus," Knight said.

Woodell also stressed that it is safer for students to live on campus, stating that when the weather is bad, there is no danger of a car crash if there is no commute.

Many students are surprised to learn that their financial aid does not change if they live off campus, but it varies per person. By taking the price of the residence hall off of the bill, it automatically reduces by $4,848 every semester.

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Cowdens enrich Soundings program

By Vincent Tatro
Spartan Contributor

Broadway star David Gaschen headlined a Soundings event Jan 28, thanks to Castleton's own Richard and Jessica Cowden.

As Fine Arts Center director and Soundings coordinator, respectively, the Cowdens want to change the image of the Soundings program and its relationship with Castleton students, as well as bring higher-profile artists to campus.

Gaschen, a friend of the Cowdens, has played the title character in "The Phantom of Opera" more than 1,300 times worldwide. Last Thursday, he spent the day at Castleton offering Lunchbag Soundings Series event, a musical theatre master class and a personal concert as the evening's Soundings event.

"It made perfect sense to reach out to David. As somebody who has stood at the very top of his field, having played the Phantom on Broadway for over six years, it also gives us an opportunity," Rich Cowden said.

The Lunchbag Soundings series gave students the chance to talk to Gaschen about what it takes to reach such a level of success.

The master class, which was instructed by Gaschen's talented Broadway accompanist James, allowed students to get up on stage and sing a polished musical number and receive professional feedback.

"It was individualized and he was so kind about it, but he was still polite enough that we understood exactly what we needed to change, and then he gave everyone another chance and it was so much better. It was just so helpful and he was so awesome," Theatre Major Alexa Fryover said.

At the Soundings event later that night, Gaschen performed a concert including selections from "The Phantom of the Opera," "Les Miserables" and "On the Town."

"The concert was magical," said student Kourtney Stratton in the buzzing lobby after the performance.

The Cowdens moved to Castleton two years ago, and in that time, they have gotten to know the Soundings program and its students quite well. They also became familiar with the reputation the program has among students.

"Every current Soundings student I talk to regards Soundings like a hoop to jump through – an obstacle to doing what they really wanted to do with their time," Jessica Cowden said.

So the Cowdens say they are committed to providing a solid learning opportunity by presenting a wide variety of Soundings events, while making the events as accessible and fun as possible.

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CHRISTIN MARTIN / CASTLETON SPARTAN

David Gaschen speaks at a Soundings event on Jan. 28.

ELIZAH FRENCH / CASTLETON SPARTAN

A rainy February day in Castleton leaves students missing the usual wintery snow.

By Catherine Twing
Castleton Spartan

The question on many people's minds this winter isn't how long it will take to warm up the car, or how well the road is plowed – it's whether or not to wear a t-shirt to class.

According to WeatherDB.com, the average snowfall for Rutland is 72.9 inches. This winter, however, has seen a measly 32 inches, with less than an inch remaining on the ground currently.

For many students who purchase season passes to local mountains, or the Big 4.0 pass, a season lift pass for students valid at Killington, Pico, Okemo and Sunapee, the worst part of the winter is the wasted money.

"I'm pissed. I spent $400 on my pass and I've gone once," said sophomore Haley Connor. "I want to go, but man-made snow isn't the same."

The Castleton Alpine Ski team has also been affected this season.

"Our conference decided to postpone our first two races of the season at Okemo in early January because most teams could not get on snow to get training," said Alpine Ski coach Chris Eder. "We had plans to train on snow in early/mid-December, but never got around to it because of the warm weather and lack of snow on the local mountains."

Eder added that although training has been cancelled several times this season, the mountains are working hard at making snow when they can.

"The folks at Okemo, Killington, Pico and West Mountain have been super great to us in regards to getting us good hill space to train despite the warm weather and lack of snow," he said. "When the temperatures have dropped, the ski areas have done a great job making snow. So, that has been the saving grace for our season."

Emily Hudson, president of the Castleton Ski and Snowboard Club, said it's thanks to that man-made snow that most of the club's members have been able to get some time on the mountains.

"For the most part, students who bought the season passes should still be able to get their money's worth since the mountains associated with the pass have very strong snowmaking capabilities," she said. "We may not have had much natural snow, but the mountains have been taking advantage of the below freezing temps and have had the snow guns blowing as much as they can and they drastically expanded terrain. The conditions have been pretty good lately given the circumstances."

Hudson noted that the ones really feeling the challenge are students who rely on the mountains for work, like herself.

"For the month of December, Killington had to drastically cut back the amount of hours part-time employees were working, including myself, because business levels were so low," she said. "For those students who depend on a Staff Pass from Killington, they were unable to ride because the staff passes kept being blacked out, so that paying customers could enjoy the limited conditions."

Despite the fleeting snow, the Ski and Snowboard Club hosted a rail jam back in December using ice trucked in from the ice rink in Rutland as "snow."

"We had probably about 30 skiers and snowboarders show up to participate, as well as three different sponsors show up to the event," Hudson said.

Skiing and snowboarding aren't the only winter activities affected by this winter. The warmer temperatures have also affected students like senior Jimmy Britt who enjoy ice fishing.

"[The warmer weather] doesn't allow the lakes or ponds to freeze over thoroughly, so good spots are harder to reach," Britt said. "Because of that, if I want to go ice fishing I have to get up early and hope that someone hasn't taken a spot that has frozen."

Britt said he normally goes three to eight times a winter, but because of the mild weather will get to go maybe three times if he's lucky.

Hudson said what everyone interviewed and many people on campus have been thinking since December.

"If everyone can do their snow dance and start thinking snow real hard, it would be much appreciated!"

Castleton students engaged with community

By Lacy Parmenter
Castleton Spartan

The phrase 'small university with a big heart' has been engraved in our minds since we first stepped foot at Castleton University. But it couldn't have been more represented than at the Castleton Engaged event on Jan. 27.

The perimeters of the 1787 Room were lined with students and clubs and their projects that portrayed their devotion to community. Dean Ingrid Johnston-Robledo, Director of Center for the Support and Study of Community Chrispin White and professor Chris Boettcher coordinated the third annual showcase of student work.

"Castleton Engage is our community engagement initiative. We provide opportunities for our students to partner with community organizations," White said.

When asked about the meaning of community, President David Wolk said, "There are no barriers between the university and the community, whether it's Castleton, Rutland, Vermont, or the world. We are one global community."

"When you walk into the foyer here you see 35 flags representing the fact that we have students here from all over the world," said Wolk.

At this year's Castleton Engaged, there were about 20 tables of students, slightly fewer than at last year's event. In past years, community partners also set up tables, but White said, "we just want to focus on the students this year and celebrate the work that they are doing."

These displays and projects change every year depending on what students are working on. Some students got to highlight their projects during the presentation's opening.

Johnston-Robledo said she was very excited by the event.

"I'm really proud of all of our students. They're generous, compassionate and committed. It's very impressive," she said.

Senior Dan Errico and senior Conner Johnson shared their work on Project 240, which is collaboration between the university and the Paramount Theatre.

Senior Liz Diohep shared her civic engagement project Democracy Plaza, in which a chalk wall in the education department was created to ask provocative questions and seek answers on educational policy.

Lastly, senior Emma Faucher discussed her project, "Students gave Green on Giving Tuesday" detailing what the campus was able to donate to good causes.

Many clubs on campus were represented as well including Habitat for Humanity Club, Rotaract Club and Right to Play Club.

"It's an absolute honor to be recognized as one of the top three most active and engaged clubs on campus. I'm super stoked to be here representing Habitat," said Mollie Johnson, community liaison for the club.

A member of Right to Play, Louis Alhage was also happy to partake, and to see what others were doing.

"It's eye opening to see what other people are doing out in the community because sometimes I think you get blinders on and think about yourself for a little bit. Then you take a step back and see that others are doing big things as well," he said.

ASHLEY CALLAN / CASTLETON SPARTAN

Castleton hosted a community engagement event on Jan 27. Clubs filled the 1787 room to display their devotion to their community.

More and more civic engagement courses are being offered in the curriculum. Junior Kayla Wood was enrolled in Intro to Contemporary Health Issues where she focused her project on Social Media and Depression.

"It's a lot of work, but it's rewarding and a lifestyle change," she said.

Wolk believes that it's important and essential for civic engagement courses to be offered in the curriculum.

"They help learning come alive. They connect you with what you're reading and writing with the real world, and how what you're learning can truly inspire others and make a difference," he said.

For more information about civic engagement certificates or classes, contact Dean Ingrid Johnston-Robledo.

Unplug and make more eye contact

Technology is a wonderful thing. It provides information, it makes lives easier and it helps us stay in contact with loved ones who live far away.

But what about the loved ones right in front of us?

Too often we miss things because we are looking down. Something that is on the rectangle in our pockets is more important than what's going on in the world around us. We have horse blinders on, only allowing us to see our phones.

This needs to stop.

Our social skills are becoming impaired.

See someone you don't like walking toward you? Instead of bracing ourselves and politely smiling and nodding like mature people, we pull out our phones and make it look like we're doing something important.

This isn't the only problem, though.

According to a study by the American Geriatrics Society, a lack of human contact can nearly double an adult's chance of depression. Study after study reveals that things have taken a turn for the worst.

Yes, we've heard it all before. Technology impairs social skills. It takes us away from what's happening in the moment. It kills the need to leave your bed. So how about some real life examples for college.

Sure, it would be easier to email a professor with a question instead of going to their office hours, but that means you won't personally get to know them. They probably would have made a good source for a letter of recommendation. Just saying.

What about that cute guy you added on Facebook instead of saying hello? He will probably just talk to the girl behind you who actually made eye contact instead.

Too often we get caught up in what is happening in other's lives that we don't stop to see what's going on in our own. Technology is meant to be used as a tool to enhance our lives, not as a way to avoid them.

Of course, some people argue it the other way. A study done by University College London concluded that technology can help relieve anxiety.

For people with social anxiety, there is really nothing worse than being in a crowded setting. Places like parties, concerts or even the smallest social gatherings can bring on panic attacks.

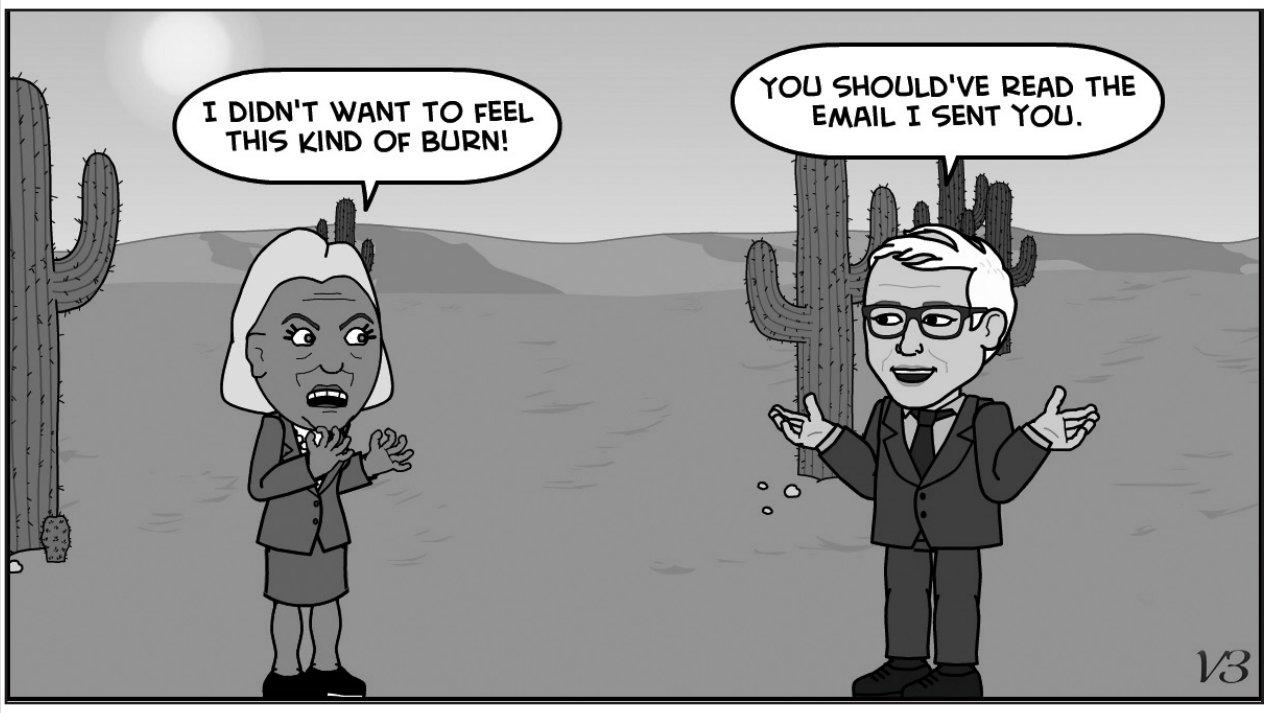
Technology helps. Being online allows people who suffer from social anxiety to be able to relax and communicate through a different medium where they don't run the risk of having a panic attack.

Though that is all well and good, not everyone has social anxiety. Not everyone needs that out.

Simply put, there is more to life than the internet. Yes, the internet binds everyone in the world, but there is something else that can bind you to the people right around you.

It's called eye contact.

-Jadie Dow



The hearts of the world

Within the fenceless perimeter of a university campus is an energy normally obsolete in nature. An energy which can nearly be felt before it is seen or heard. Like a vein of gold at the utmost depths of a mine is the collegiate world, a pocket of throbbing intellect unknown to those unwilling to dig deep enough to strike it.

One might find on a university campus—at any time and without searching—the hum of a guitar string resounding proudly with freedom from worldly limits and expectations. After ten paces more, one could surely hear the boisterous echoes of actors singing and stomping their feet—within the choreography, yes, but with an energy that cannot be rehearsed. And still, beneath the streetlamp to one's left one might see the red-faced debate of two aspiring poets, holding on dearly to their favorites—wild men who caught and sang the sun in flight, do not go gentle into that good night.

And—with a skilled ear—one might gather pieces here and pieces there.

The bounty of the experience is an ever-full glass, bubbling and foaming perpetually over the rim, so one might never go thirsty for knowledge—but one must begin with the thirst.

Universities are the pulsating hearts of intellect and the conduits of wisdom to the outside world. These ducts do not overflow and they do not trickle—the inevitable remains that knowledge obtained will become knowledge passed.

Yet the variables endure.

The outside receives only bits—valuable morsels but not as satisfying as the milk and honey of the society. The nectar, of course, is not too sweet for anyone's palate, but those of the world that have never tasted it—or tasted it too long ago—cannot recall its flavor.

In this land one exhales what one knows and inhales knowledge—and thrives on this atmosphere; one parents an infant thought immaculately and raises it in this village; one sleeps soundly at night—protected by the religion of this knowledge.

But a dispiriting thought resides in one's mind.

Life cannot be lived solely in the temple. One must eventually leave and create one's sanctuary on the same values that the temple provided. That is the key to the flow of the conduits. One does not leave a utopia and forget its reason for existing, but brings it along and spreads its seed in sullen areas in need of the blooms so customary to one who's lived in the heart of all that grows.

-William Jacob

Letter to the Editors

The issue of political discourse—whether focused on tone or truthfulness—deserves serious discussion, and it is worth considering what is meant by the term "political correctness" as it is bandied about in today's political discourse. When Donald Trump spoke about Mexican immigrants as criminals and rapists and when he used derogatory terms for women, we heard his supporters say that it is refreshing to hear someone who is not caught up in political correctness. Used this way, I think the term "political correctness" could be substituted out for "sensitivity" or "civility."

In the most recent print edition of The Spartan, I read William Jacob's diatribe on political correctness with interest and concern ("Fresh Perspective: Political correctness fails to convey meaning." January 27, 2016). It seems that Mr. Jacob was rebelling against a powerful regime with the Orwellian ability to force a speech code upon American citizens. I believe, however, that in choosing examples of "political correctness" that strain the limits of reasonableness—e.g. "visually challenged" for ugly and " ethically disoriented" for dishonest—Mr. Jacob sets up a straw-man which he then valiantly knocks to the ground and sets ablaze.

There is no political correctness regime. There are neither political correctness police nor political correctness legislatures regulating public speech. In fact, as I peruse social media and listen to talk radio, I find no evidence of regulated speech whatsoever. That Mr. Jacob was able to land his opinion piece on this issue of political correctness in The Spartan is evidence that there is no political correctness regime on our campus. (I sincerely hope that Mr. Jacob feels free to continue voicing his opinion in print; we are all better for having a wide-array of public views aired and discussed.)

There are serious voices in the Republican party and in the conservative movement, e.g. the editors and contributors to The National Review, that are drowned out by the phony battle against political correctness fought on the Internet, the airwaves, and recently in our very own student newspaper. The problem with Trump's statements about immigrants, for example, is not that they lack political correctness; the problem is that they are not founded in reality and that they are simply hateful. And the threat from Trump's unfounded and insensitive statements is not that they will topple the illusionary political correctness regime, it is that they further erode civility in political speech and distract us from the real problems that Americans and the world face.

-Rich Clark

Associate Professor of Political Science

10 reasons to keep marijuana illegal

10. A pack of papers would cost more than a gallon of gas.

9. Classes would be pushed back 15 minutes due to students losing track of time.

8. All day breakfast at McDonalds would be forced to stop due to overcrowding.

7. The Lego Movie would become the highest grossing film of all time.

6. Nobody would ever want to smoke synthetic weed.

5. All your friends who are drug dealers would be out of a job.

4. Cheetos and chocolate milk prices would skyrocket.

3. Woody Harrelson would run for president. Snoop Dog would be his running mate.

2. That guy from back home who dealt would be forced to pursue his rap career.

1. Vaping and hoverboarding might actually be considered cool.

-Alden Bisson

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CASTLETON'S RETURNING STUDENT SCHOLARSHIPS **FOR 2016-2017**

The Financial Aid Office wants to remind students that the information and on line application for Returning Student Scholarships is now available.

The deadline for submitting the completed scholarship application is March 4, 2016.

A FAFSA for 2016-2017 isn't needed to complete the application, but needs to be submitted by the deadline in March for the selection process.

Details may be found on the Financial Aid web page or link to www.castleton.edu/returning-app

Don't miss out on this opportunity!

Spring break dreams

By Peter Kazakis
Castleton Spartan

It's not too early to think about spring break, is it?

Sand between your toes, drink in your hand, and the sun beating down on your face?

Every year, college students embark on once-in-a-lifetime spring break vacations. Among top destinations for spring break vacations, California and Florida attract thousands of students annually. The Caribbean is also a prime destination for paradise-seekers.

Castleton junior Emily McColl says she wants to head straight to the Virgin Islands, "to St. John to snorkel!" Snorkeling is one of McColl's favorite things to do, and she's been lucky enough to go exploring underwater in Greece and in St. Thomas as well.

It's kind of hard to imagine being in a swim suit, swimming underwater with marine life, when you're walking to Leavenworth in February.

Some folks here at Castleton University have visited some pretty surreal vacation destinations. Others have even better plans for where they aim to go one day.

Eric Mack and the rest of the graduating members of the men's ice hockey squad are planning a senior-trip to the Dominican Republic. Mack says the group is in the process of booking the trip, and they are trying to find a happy medium between an affordable price and a five-diamond luxury resort. Either way, Mack says "it's gonna be a blast."

It can be almost dizzying trying to decide where on earth you would want to vacation to, if you had the opportunity. Imagine, being magically given the time and money to choose anywhere in the world to go...

Thoughts can quickly jump to beautiful places like the Mediterranean.

Senior Rachel Elliott had the chance to live in Germany for two months and cannot wait to be able to travel back to "see the alps." Elliott remembers visiting "towns in castles with cobblestone roads."

"The culture's just way different there and people have a lot of respect for each other," Elliott adds.

But we can't forget what's in our own backyard. Senior Katie Haseltine says the most captivating place in the world she has ever been to is Mt. Katahdin, in America's very-own Maine.

Haseltine and her family have climbed the centerpiece of Baxter State Park, and got to witness the beauty of looking down upon the land. Mt. Katahdin is the highest mountain in Maine, towering at 5, 270 ft. Haseltine and her family basked in the view from that mountain, at a height more than four-times that of Fifth Avenue's Empire State Building.

Haseltine said the 12-hour adventure was worth it, describing how "it was so beautiful; I had never been that high up before." Mt. Katahdin was named by the Penobscot natives, and the title translates to "The Greatest Mountain."

Professor Bill Wiles says Maine is his ultimate-vacation destination as well. Given the option of going anywhere in the entire planet, Wiles maintains there is nowhere in the world he would rather travel to than "the coast of Maine."

COURTESY PHOTOS

Top: Peter Vaughn gets some air on his scooter.
Middle: Vaughn rides in the Castleton skate park behind Hoff Hall.
Bottom: Vaughn travels all over on scooter trips. He has even participated in the NYC Street Jam with hundreds of riders.

Peter Vaughn: Scooter master

By Jed Zawisza
Spartan Contributor

The day was March 1, 2007, and Peter Vaughn walked into the dentist like any other appointment. It was your routine check-up to make sure this seventh grader wasn't eating too much candy.

During the appointment, his mother got a call that caused the appointment to end quickly. Their garage had caught fire and smoke damaged the house significantly. His brand new mountain bike and skateboard were burned beyond use. Soon after, he received a run of the mill Razor scooter from his mother. Little did she know, she had given Vaughn a new passion.

"It was something Peter immediately took to and seemed to go above and beyond. Any fulfillment sought by him through sports, like basketball, soccer and baseball definitely didn't do the trick in this way," said Heidi Haugland, Vaughn's mother.

Vaughn used the scooter initially as simple form of transportation, but soon he began to learn tricks.

"The first trick for any scooter rider is the tail whip and it took me around two to three weeks to land it," Vaughn said.

Professional scooter rider Brandon Kilbury, who has performed for Nitro Circus, grew up in the same town as Vaughn remembers watching him progress.

"I can't remember the first time we actually rode together or how old we were. I know there was a time when I came home on vacation and Peter was suddenly clearing boxes, throwing supermans and flips. It was awesome because it seemed to come out of nowhere," Kilbury said.

Vaughn's and Kilbury's styles of riding are so similar that people have mentioned it to Vaughn more times than he can remember. Kilbury even agrees with them.

"There have been times editing Talent videos where I'm watching a clip of Peter thinking 'I don't remember doing that trick,' before I realize that I'm watching Peter and not myself," he said.

One of Vaughn's scooter buddies, Tyler Robtoy, thought it was somewhat funny when he started to take things seriously.

"I was surprised when he started to really get into it. But then again, he's always been really good at it," Robtoy said.

Now you may think that Vaughn rides on your basic Razor scooter that can be bought a Wal-Mart, but it isn't. With all the custom parts he has on it, he has more than $500 invested.

"Not too long ago, there wasn't a difference. There was just the generic scooter that everyone rode on. The main difference now is the quality of the product," Vaughn said.

Robtoy even had his own experience of them modifying parts before aftermarket pieces became available.

"Part of the fun of scootering was building your own scooter. You had to pull the folding mechanism on it and it would fold if you landed too hard. You had to hot glue the center of the wheels because they were plastic. They weren't metal like they are now," Robtoy said.

Vaughn started filming some of his newer tricks and putting them onto YouTube and over various scooter forums, which resulted in a sponsorship from VertX. Unfortunately the sponsor broke up and left him stranded.

"A few months after I got on the VertX team, which was a new team to begin with, it was a new company that was up and coming, the managers quit just out of the blue and none of the team riders knew who to contact or what the hell was going on with the team," Vaughn said.

Although he was out a sponsor, Vaughn didn't stop riding. He didn't believe that you need a sponsor to pursue a passion.

"In the future, I'll probably look for a sponsorship, but I want to do it when I can ride consistently and can put out material for them so I'm helping them while helping me," he said.

Vaughn hasn't spent the past eight years as a scooter rider without injury. Injury is all part of the reward, Vaughn believes. His first injury happened during his senior year of high school at the Essex skate park.

"I chipped my front tooth in half one time. I was hopping onto a thin box and it was taller than normal, but I just went for it. My front wheel got caught and went straight to my face without any time to react to it all," Vaughn said.

"I tried to find the other half so they can put it back on. But just after I face planted, a skateboarder grinded a rail and just shredded my tooth to pieces."

Of course the dentist fixed it right away, but his mother found out later through a Facebook picture.

But lately he has been dealing with an even bigger pain; his knee.

"I went through a different physical therapists and a bunch of doctors, but none of it has really helped. For a while I've just given up on it completely and I was doing my own thing hoping it would go away, but I've come to the realization that I definitely need to take a break from scootering all together and just let it heal naturally," Vaughn said.

He is looking into an operation that could potentially heal it and Vaughn believes that he should take three months off to let it heal. His mother on the other hand believes double that time would be even better.

"This injury doesn't stop him. It is so unfortunate; however, Peter perseveres and refuses to believe this will be a permanent issue. Knee issues run in the family starting with his grandfather, my brothers and myself. I do hope this will heal for him once he hangs up the scooter," Haugland said.

Even with his knee problems, Vaughn keeps on scootering to become even better and come up with tricks that look picture perfect. Matt McMahon, who has filmed many videos for Vaughn and also rides, agrees that practice makes perfect.

"When he does a trick you can tell he has done it over 100 times before because it looks so smooth and he makes any trick on a scooter look easy until you step on one, and his passion for this action sport really makes it an art when he does it," McMahon said.

At the beginning of Vaughn's senior year at Castleton he decided to travel to skate parks all along the East coast to get himself out there again.

"Basically I got sick of the typical college weekend, which is hanging out with a group of friends and drinking which is great, but after doing that for three years straight and it being my senior year, I wanted to do something different," Vaughn said.

For the first couple of trips Vaughn's mother was unaware of the whole escapade.

"I was full of questions about what prompted him to go alone, where he slept, why he didn't tell me and such, however, I do know that Peter is a level headed young man, cautious, and I do trust his instincts," Haugland said.

"I was happy Peter was able to get away and enjoy himself and to know that scootering is his true passion."

Vaughn now routinely checks in with his mother so she can make sure that he was being safe and taking care of himself.

"Peter wasn't particularly receptive to this at first, as he's an adult and felt this was his thing. I asked that he check in once settled in his car and to let me or a family member know where he was parked to sleep."

So far he has traveled alone to skate parks in Washington D.C., Baltimore, Hampton Beach, Boston, Syracuse, Rochester, Buffalo, Niagara Falls on the Canadian side, Philadelphia and New York City.

"I've been to New York City before, but going alone is a totally new experience. I like going alone because there's just no direction. It's just doing whatever you want to do whenever you want to do it. I structure my weekends pretty well," Vaughn said.

Continued on Page 6

Trump a serious candidate

By Will Chmielewski
Castleton Spartan

At the beginning of last summer, as talk was starting about who would be running for president, billionaire Donald Trump formally announced his candidacy.

This shocked many people in the world of politics. Many, like Castleton University professor Rich Clark, thought he would come onto the political scene and just fall to the shadows quickly or that this was just for him to gain more publicity

"I think that when Donald Trump came on the political seen last summer, many in politics thought he would flame out quick, that it was a publicity stunt. But he has exposed issues, and shown blue-collar support," Clark said.

In recent months, Trump has shown himself to be a legitimate candidate for the office of the president and has been leading in many of the national polls.

He is not a politician and has come out as a candidate who will say anything he thinks or believes without fear of any repercussion. His success may stem from the fact he will say what the American people are too afraid to say, said history professor Mike Austin.

"He is articulating the anger and frustration of the American voters who are upset over the lack of action by congress leading to a paralyzed government," Austin said.

Some on Castleton's campus, like Castleton Republican Club President Zach Holzworth, believe Trump is a solid candidate. He is bringing people out to vote who normally would never do so, he said.

"I believe that Donald Trump is a great candidate. He is one of the go-to candidates if you want to vote against the establishment Republicans," Holzworth said.

But Holzworth also states that Trump has left a bad taste in the mouth of many Republicans with the way he acts and presents himself. That leaves many Republicans questioning why the media and the party are giving him the coverage he receives.

Others in the Republican Club such as Zac Hampl, believe he is a strong candidate, but not the person who should be president.

"I believe that Donald Trump is hurting the Republican Party as he is hurting the general election," Hampl said.

Castleton Republican Club member Quinn O'Reilly thinks Trump may be in over his head, and might not realize the limits the office has.

"I don't think he understands how little power the president has. There are things he can and can't do," O'Reilly said

Giving blood

ASHLEY CALLAN/ CASTLETON SPARTAN

Olivia Frascino was one of many students, staff and community members who donated blood in the 1787 Room last week during the blood drive.

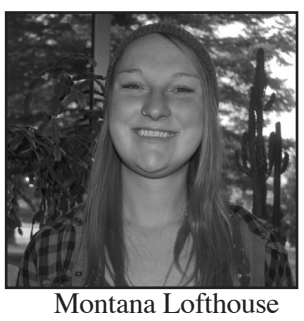
Woman on the street

Sara Novenstern

Question: How do you feel about this winter's weather?

Josh Mannings

"It's depressing."



Montana Lofthouse

"It freaks me out. I'm an environmental science major and people say it's just a cycle, but it freaks me out."

Matthew Woodward

"I love it, I'm not really a big fan of winter so the warmer it gets, the happier I get."

Matt Zitwer

"I don't usually ski or snowboard or anything so I usually feel like I get cooped up in the winter, but with the warmer weather it has been kind of nice to get outside."

Hannah Rose

"Very unusual, I personally don't really like it – I like winter. I play hockey right now but when season is over I like to go skiing so I really hope the weather doesn't ruin that.

Students take a stroll with Sparty

SARA NOVENSTERN / CASTLETON SPARTAN

Student Government Association Treasurer Tyler Anderson and Sparty lead a group of fifth graders across campus.

PHOTO ILLUSTRATION BY MARCO LAM / CASTLETON SPARTAN

Many students feel cell phones should be allowed in class, but professors have other thoughts.

Distraction or a tool?

By Tori Fischer
Spartan Contributor

Cell phones have been a part of our lives for years. They're everywhere and everyone has one. But are they okay in the classroom? Are they appropriate to have out, or are they too much of a distraction?

Students and faculty of Castleton University have mixed feelings on that question.

Assistant professor in the sociology department, Jennifer Turchi, has a strict policy on cell phone use in the classroom.

"I don't typically allow cell phones in class. I actually go one step further and ask my students to put them away, so it's not that they're just turned off, but they're not even on their desk," she said.

However, sometimes her opinion changes depending on if the phone is needed for searching for valuable answers on Google. But after the exercise, they are to go right back away.

"They are a distraction and I think it's important for students to focus on what's happening in class, so I just don't even allow them," Turchi said.

Andrew Alexander, an associate professor and chair of the English department, has a more of a relaxed approach about cell phones in class.

"My policy is an informal policy rather than a formal policy about cell phones. I don't ban them and I don't say that I allow them. I typically put my feelings about cell phones in a policy about being a professional and considerate of other students and if students aren't calling attention to themselves, then I won't say anything about it," Alexander said.

However Alexander has noticed a trend about students and their cellphones.

"The student's you need to call attention to are almost always students who aren't doing well in class. It's a good correlation. It's not causation, but it's a good correlation of how students do in the classroom," Alexander said.

Bob Gershon, head of the communication department, has a similar stance, an informal policy for some of his classes, yet, formal for others. Gershon doesn't believe in the "multitasking" theory students claim.

"The idea of that you're multitasking is a myth, and there is a fair amount of scientific proof of that. People think they're multi-tasking, but really what they're really doing is spending a little time on this and a little time on that, but they're never really doing two things at once. Your brain just doesn't work that way," Gershon said.

But not surprisingly, many students have different opinions on phone policies.

"I think cell phones should be used at the student's risk. It is their choice to use their phone during class, and not the professor's fault if the student does not learn the information taught that day," said sophomore Kiley Baran.

Sophomore Bryan Vachereau believes it should be up to students whether they want their phones out or not.

"I think it should be allowed because some kids can learn better with a little distraction," he said. "As it is, kids lose information worrying about having to check their phones nowadays because, it's their lives," Vachereau said.

Vachereau also said he has "done better in classes where I am allowed to utilize my phone."

But sophomore Elly Zelazny has a completely different opinion and seems to side with the professors.

"I think phones shouldn't be used, unless it's for a class related activity," Zelazny said.

Safe Ride needs help

By Liam Welsh
Spartan Contributor

Castleton University's Safe Ride program, which gets students home safe from the bar and parties, is having trouble getting volunteers.

While drivers receive $45 for the night of driving, the required passenger is volunteer-based and gets only a $5 voucher to Fireside at the end of the night.

"We're looking into maybe making it more of an incentive to become a volunteer," said Colleen Kunz, one of the students in charge of the program.

Safe Ride receives a $4,000 budget each year from the Student Government Association, but the lack of volunteers means the program can't operate. As a result, the portion of the budget reserved for paying drivers isn't being used, meaning the volunteer shortage isn't because of budget problems, but about getting volunteers for a $5 food voucher.

According to Kunz, it has been a struggle so far.

"This semester we've only run probably a total of three or four times, and we're already in the fourth week of school, so that's a huge issue," Kunz said. "We're trying to use our resources as a school … We're reaching out to Residence Life, reaching out to athletics to see if teams could participate in volunteering, and driving even."

Former Safe Ride driver Mackenzie O'Connell said he liked driving, but remembered a volunteer shortfall from when he drove too.

"It really wasn't a bad experience. I had some good conversations behind the wheel," he said. He described the work as enjoyable, however there was a downside when it came to the volunteer aspect.

"I mean I felt I got paid pretty well, but my friend only got five dollars to Fireside for being the passenger … I had to pay him $15 just so I could drive," he said.

Essentially, more could be offered to volunteer passengers, but then the idea of giving back in a form of civic engagement is eliminated.

Unfortunately most students aren't interested in working for free. A handful of students responded with roughly the same answer when asked what could be done to increase Safe Ride volunteer numbers. Freshman Camden Place said he'd be "glad to volunteer if there was more being offered."

Learn to interview

By Brie Heath
Spartan Contributor

Do you want to nail that dream job that you have wanted for years? Well to get it, you need to nail your job interview first and that may be a lot harder than you think.

Thankfully, Castleton University has a workshop on Feb. 11, from 2 to 3 p.m. in the Academic Support Center to make sure you're prepared.

This workshop was established to help students learn how to best prepare for interviewing and is being offered for a second semester by Renee Beaupre White, director of Career Services.

This workshop, she said, is an A to Z guide to the world of interviewing detailing the entire interview process before, during and after.

"It's not always the best qualified person who gets the position, but the one who interviews the best," she said.

Beaupre White said she is willing to prepare students for job interviews either at the workshop or in her office one on one. Knowing how to prepare and what to expect during an interview is critical, and that includes making a great first impression. She said the average employer gives candidates 30 seconds to four minutes to determine if they're the best fit for the job. That fact can make the process more nerve racking.

But with proper preparation, nerves can be calmed, she said. Students who have been counseled by Beaupre White urged others to take this opportunity while they can.

Dilan Clements said that training made her more comfortable with the whole process and she got to target the areas she needed help with. Clements says the benefits of going to this workshop is that you get packs with sample questions for interviews and learn what to bring and what to wear.

You also learn how to be less anxious, she said.

Clements had great success with her interview at the Rutland Regional Medical Center and got a job as a medical scribe. She says that the work she did with Beaupre White helped her through the interview and helped her get the job. She also said that it was Beaupre White who found the job for her and they focused on practicing interviewing for that specific job.

"More students should take more advantage of this because it can benefit us all and makes for the interview process to be less frightening," Clements said.

Shelby Alberghini, who also did one-on-one work with Beaupre White, had success with interview, but in a different way. She had to do mock interview for a class and thanks to Beaupre White and the skills learned, she passed with flying colors. She said working with Beaupre White helped her come out of her shell and helped her feel more confident in her interviewing skills. For more information on this workshop, contact Beaupre White at 468-1339 or Email her at renee.beaupre white@castleton.edu.

TBA gives students experience

By Jimmy Britt
Castleton Spartan

When you walk into the Casella Theater, the room is dark and silent except for the stage. Colored lights shining on the curtain read "TBA." As you make your way onto the stage, the voices and music get louder and louder until you enter the experience of Total Backstage Access.

You see musicians setting up their instruments and some of the tech crew working the equipment boards. Lights get tested as a couple of students put the finishing touches on the event by checking the mics.

On Feb. 5 another installment of the small concert, Total Backstage Access, took place and it was entertaining as usual. A medley of acoustic classic rock, alternative-rock and hard core was featured this year. Each year the audience fluxes in size, but that doesn't discourage the crew or the performers.

This year's lineup featured Robert Wuagneux, Totally Submerged, Alice's Wonderband, Crazyhearse and Get A Grip. Each of the performers played an awesome set. Chad Voghell of Atomic Pro Audio thought that TBA this year was a success.

"It was great and you (the readers) should come next year," said Technical Director MacArthur Stine.

But what makes the event so great is that technical theater students gain more experience and skills.

"I think playing TBA is cool, but what I like is that the theater tech kids get to put on this show and learn how to make an awesome venue. They're the real rock stars of this event," said Steve Lattuca, bass player of Get A Grip.

And Lattuca is right. These students, mentors and assistants work their asses off. For them, the event starts a couple of hours before the show does. They work through it, and at the end of the night, they clean up the stage. They might be in the building until at least 1:30 a.m.

So right now I would like to take a moment and thank Stine, Voghell and all of the students current and past who put on TBA. You are all great people and make one hell of a show.

If you or anyone you know wants to perform at next year's TBA, contact Stine at Macarthur.stine@castleton.edu

JIMMY BRITT/ CASTLETON SPARTAN

Crazyhearse performs in Casella on Friday night.

Interactive exhibit opens at Castleton Downtown Gallery

By Elisabeth Waller
Castleton Spartan

Children ran between adult's legs. A dog tugged its lead taught, straining to look at the commotion in another room. The air hummed with the sound of people enjoying each other's conversation. Loud banging noises came from a distant room.

It was not a typical art exhibit.

Castleton University art professor Oliver Schemm's exhibit titled "Circles, Suitcases and Pramalots" was met with great enthusiasm at it's Friday opening in the Castleton Downtown Gallery.

Signs accompanied many installations that read "Please enjoy this interactive piece with your eyes and your hands," and that's just what people did.

It was a family outing for the Marr Hilliards. Both Paul and Zoe are local sculptors from Mendon.

"I love it. It's eclectic," said Paul Marr Hilliard.

Two-and-a-half-year-old Syzygy Marr Hilliard played with a swirling piece titled "Potato Masher/M-24," unaware of the gravity of it's history.

"I love being able to take her to a show that's so interactive, that she can play with," said her mother Zoe Marr Hilliard.

A dolls head tops an old "Potato Masher" and a grenade used in World War I and World War II. Doll legs, an M-24 cartridge, and other items spin on a Lazy Susan.

"You make it come alive ... there's four different senses involved...and the fun of history," Schemm said, playing with the piece.

Inside "Oma's room," a woman sat in an old wood chair and breastfed her baby while enjoying the installation. Old sheets, tapestries and rugs covered the doorway, walls and floor. A projector played a video of the dappled sun shining through the leaves of a tree. The sound of dripping water drew attention to empty clay pots on the floor while an old woman's voice described her experiences from WW II.

Another room of the exhibit smelled of old leather. Suitcases mounted on a wall in the installation titled "Baggage" welcomed exploration and evoked a fun sense of mystery and playfulness. The pieces in the room inspired conversation and storytelling.

"I used a fire and hose once," said Jennifer Bagley, reminded of a time when she was lowered into a room of her home to fight a fire when fireman couldn't fit.

"Wall of Circles" was the loudest installation and could be heard throughout the gallery. Metal wheels and other circular items, including an inner tube and a dart board complete with darts to be thrown, could be "played" with drumsticks.

"I see this as the beginning of a huge piece," Schemm said, gesturing and stretching his arms wide in the air.

His work drew a croud.

"I've been to other openings here. There are a lot more people here," Bagley exclaimed.

Despite the sheer size of the exhibit and the engaging nature of every piece, Schemm put the entire show together in only three weeks.

"It was a flurry of activity, an outpouring of creative energy," said Schemm.

The show will be running through Feb. 20 for those interested in exploring its possibilities and mysteries.

ELISABETH WALLER / CASTLETON SPARTAN

Oliver Schemm spins wheels and drums on his interactive installation titled "Wall of Circles."

Drew's reviews

By Drew Hersom
Castleon Spartan

Just one month into the new year and we have already seen an overwhelming surge in output from artists working in the rap genre, one of our generation's most popular forms of music. In comparison, we've seen little material from other genres that have a more extended recording process. In an effort to review a variety of music I'd like to discuss an older project that you may have missed. Fleet Foxes is a critically acclaimed, and now defunct, contemporary folk band from Seattle, Washington. They released two successful albums in their short run of just four years, but before either of those projects, they recorded a brief EP – 2008's Sun Giant EP.

This modest release is a collection of five songs they had been performing live for some time – definitively arranged for their first commercial offering. Signing their band to Sub Pop Records also gave them the priceless opportunity to work with renowned producer, Phil Ek – who had production credits on many notable indie-folk projects by the likes of Band of Horses and the Shins. These guys unquestionably have talent as composers though – using the unique sounds of fiddles, harmoniums, dulcimers and even Tibetan singing bowls to evoke an ancient rural quality of authenticity in their music.

Each one of them is credited on the cover sleeve as multi-instrumentalists; these guys understand music. These arrangements cover surprising ground for their runtimes, ebbing and swelling through unusual song structures.

If you can only get yourself to listen to one song, check out the fourth track, "Mykonos." The song is supposedly about a struggling friend, but the imagery in the lyrics is anything but specific. The lyrics dance around detailed scenes of doors "kicking up clouds of dust" and wandering through "snow-tipped pines." That ambiguous songwriting is what makes Sun Giant EP an oddity in the Fleet Foxes canon.

Lead songwriter, Robin Pecknold, seems not to have found his writer voice yet. He'd go on to write very plainly worded personal songs, but here he shares the feeling of his songs without ever showing us what they're about.

The last song on the tape, "Innocent Son" stands out from the others because of how sparse it is. Pecknold sounds like he recorded the vocal part in a big empty room, booming over very quietly strummed guitar chords. Even if old English-sounding folk music isn't your scene, Sun Giant EP could be worth checking out. There's a lot to appreciate if you pay attention and it's chill enough to do homework to.

The Phantom comes to Castleton

CHRISTIN MARTIN / CASTLETON SPARTAN

Gaschen explains his process when performing.

By Jack Workman
Castleton Spartan

What's behind that mask? Years of pure and simple experience, given freely to the audience at Casella Theatre last Thursday, Jan. 28.

After a rousing performance of the love song "Come What May" from the chick flick Moulin-Rouge!, David Gaschen, former Phantom of the Opera on Broadway said, "Well, it's great to be in Vermont. I've never been to Vermont before. It's now my 44th state."

Gaschen told us a little about his life.

I grew up in a "very strict Catholic household in Texas," he said.

Six weeks before getting married, he auditioned in Switzerland for The Phantom of the Opera in German. Ironically, the last class Gaschen took at Texas Tech was a class in German.

When asked what it was like to sing in German, Gaschen seriously replied: "It involved lots of spitting. The front row had to protect themselves."

"Half of it was luck, and half was to be prepared. If you're prepared, the nerves go away," he said.

There are many walls that you have to break through in musical theatre. According to Gaschen, "The fourth wall that you have to break through is that you have to be what they're looking for. Preparedness, opportunity, timing." He spoke the words as if reciting a triune. "My thing worked out and thank God for that, because I can't do anything else. I was 26 when I got cast as the Phantom of the Opera."

And then, Gaschen announced he would take "Music of the Night" and strip it down, peel it apart, word by word, and examine it to see what each part means, and what it means as a whole.

Gaschen advised that we should see the entirety of a song as if it were a big monologue. This, he said, is how we should approach every song.

It was from Tony Prince that Gaschen learned about the paramount importance of words, "Every word counts," he said. "Every word matters."

Gaschen continued explaining this song to us. "This is a very sexual song," he says. "It's all about introducing the Phantom to Christine. He's using language that is very, very, very, for lack of a better word, sexy."

There actually are other words to describe the Phantom's song: romantic, longing, tender, erotic, smooth, intimate, warm and sensual. However, it seems like Gaschen did not think of those at the time.

To bring enough emotion to the song, Gaschen advises us to look for similarities between ourselves and the character we are playing onstage. This makes it difficult for the youthful and inexperienced author, who cannot bring deep emotions or vivid memories to the stage.

"If you can't find commonalities, make them up," said Gaschen bluntly. "I'm not kidding."

The flow of surprising advice didn't stop. Gaschen remarked that he took a class in economics and business at Texas Tech. He said that it was actually one of the most valuable courses he ever took. "You train so hard to be creative that you're handed money, you don't know what to do. How do I plan for this? How do I save for retirement? How do I invest this? How do I put it in a bank?"

People left the theatre with food for thought in proportion to the depth of their thinking. I had certainly been surprised, but what really struck me was the idea of thinking of every song as a monologue-and the importance of making every word matter, making each word mean something, ensuring that each word persuade the audience to believe what you re expressing. May could apply that to other art forms.

Every word matters. That's food for thought.

Evil Dead: Still undying after all these years

By Jimmy Britt
Castleton Spartan

It's rare to see a cult classic film get a remake or even a TV series, but the "Evil Dead" franchise seems to be an exception. Without Sam Rami's original film in 1981, the franchise would never have seen so much life.

"The Evil Dead" is about five college students who are spending a weekend in a cabin in the woods. Everything is all going well, but then it all goes to hell when they discover the "Naturom Demonto" This is the book of the dead that releases evil spirits into the woods.

As the film progresses, we see many scenes of bloody violence, psychological torture and other events that give this film a proper NC-17 rating.

The first time I attempted to watch the film, I was 14. The music alone scared me enough to stop watching before anything evil actually started happening. Now that I'm older and more desensitized, I have finally experienced "The Evil Dead."

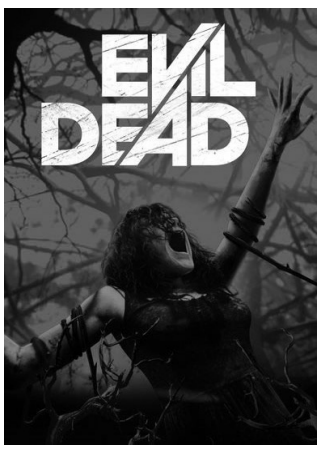
Many people told me that this film is so bad that it's funny. That is not true. Yes, it's a little rough around the edges, but it was a film made by a young crew. For many it was their first real film, but they made it great with special effects and sound editing.

The makeup of the "deadites" is perfect. They all have unique scars and markings, but they also all have similar features like milky eyes and purple lines on their faces. Each "deadite" has its own unique voice ranging from a classic deep demonic one, to a satanic little girl's.

What I really love about the "deadites" is that they will switch from grotesque possessed form back to their normal human bodies. These switches play well with the psychological horror of the film. It causes the hero, Ash, to be conflicted in his actions.

Should he dismember his friends in order to kill the evil inside of them, or does he let it take over and spread like a weed? The moral and survival ideas truly clash inside of Ash as he makes his decision to live.

"The Evil Dead" is the perfect B horror movie that will scare you, but keep you entertained as well. I will say that it is not for the faint of heart, but if you like to see a good old horror movie with tons of blood, this movie is right up your alley. Now where did I put the chainsaw?



Castleton students share their phobias

By Shannon Fischer
Castleton Spartan

With their red puffy hair, pale face and mischievous grin, it's no wonder clowns can be terrifying to some. To fear is human nature; we're all afraid of something whether it be clowns, spiders, snakes or even the dark.

But imagine a fear so strong that it actually has an everlasting impact on your life? That kid you just walked by on the way to geology, well he's secretly afraid of chopsticks. Crazy, right?

Every day you walk by someone with a head full of secrets, but what if you could expose the phobias of everyone around you? The students and staff of Castleton University gave insight on the weird phobias that have affected their lives.

Sam Green, video broadcast technician for Media Services and communication department, mentioned her phobia and how it culminated.

"I have a very deep fear of being choked. I watch a lot of Law and Order and if somebody has gotten their throat cut…I'm getting chills thinking about it. It's so bad that there was an incident when I was in high school, we were doing archery on the front lawn for gym class and one of my friends jokingly came up behind me and fake choked me. I did karate all through high school, I literally blacked out, I don't know what happened but I did break his nose," she said.

Sophomore Maddison Baldwin admitted how television has intertwined with her phobia and made it more prominent.

"I'm deathly afraid of being tased. I think I just watch too much television and movies. It's something I've seen way too much of. I don't believe I'll ever get over it just because it's pretty traumatic," she said.

She continued to mention another phobia that triggered from an unsettling experience that she had during her childhood.

"I'm very terrified of birds, which happened because I've been attacked by a number of birds including a turkey. It landed on me and stuck its talons into my back. It's just something I'll never get over," Baldwin said.

Freshman Rachel Scuderi also mentioned a phobia that came to life during her childhood.

"I'm afraid of thunder storms. I was caught in a hurricane in Florida when I when I was a baby and ended up giving my mom a black eye because I head butted her. I even had to go to therapy because my fear was so strong," Scuderi said.

But senior Audrey Wostal has a phobia that most would probably consider really abnormal.

"I have a phobia of ketchup. I've had this phobia my whole life; I don't think there's one specific event that triggered me to be afraid of ketchup. I think I've definitely gotten better, especially since I've been at college I've gotten a lot better with it. I don't know if I'll ever be totally over it, or at the point where I want to eat it or something like that," she said.

Senior Nate Marden has a distaste that tops all.

"I don't like belly buttons because they're gross and it's weird when someone gets touched in the belly button. It makes me jump, it's a nasty feeling," he said as his shoulders cringed.

He continued to talk about his utter dislike towards belly buttons.

"When someone pokes me in the belly button I feel like they're going to poke into my stomach. My mom didn't like them so I ended up not liking them either. My dislike isn't nearly as bad now; I don't mind if I see them now, I just don't want anyone poking me in the belly button. I don't consider it a phobia, it's just gross," Marden said.

Phobias, by definition, are strong fears that pose little or no danger. They're considered an anxiety disorder. According to Psych Central, Dr. John Grohol's mental health website that includes treatment information and symptoms, approximately 4 to 5 percent of the U.S. population has one or more clinically significant phobias in a given year.

What are you afraid of?

Vaughn scoots in many places

Continued From Page 3

He doesn't have classes on Fridays and it's the only way these trips have been made possible.

"I leave Thursday nights; Friday is my scooter day and go to the skate park I've picked out. Saturday is kind of my adventure day and drive home later that day. If I'm going to Boston or NYC I do the whole tourist thing and when I was in Hampton I went to the beach for the whole day," he said.

On each trip, Vaughn saves his money and sleeps in his car and eats snacks that he packed.

"I've actually taken a shower in the ocean. I went to the skate park on Friday and that night I'd go and take shampoo into the ocean and clean myself," Vaughn said.

While in New York City, Vaughn participated in the NYC Street Jam that hundreds of other riders participated in. Vaughn said it was one of the best experiences of his life.

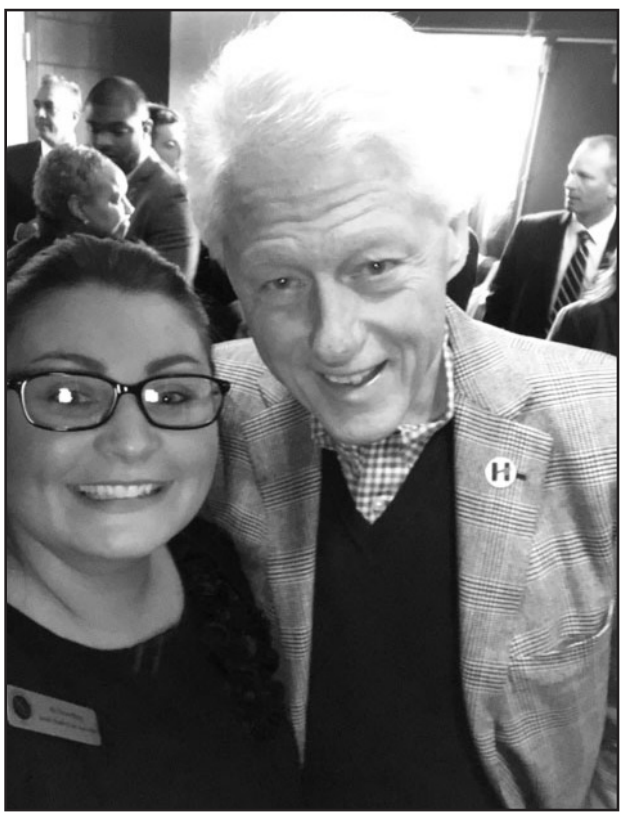
"When we were going from spot to spot, we were just riding in hordes through the busy streets of New York. Stopping traffic, running red lights in the middle of the road. People were doing tricks off taxis and opening doors and it was a great feeling riding with people who do the same thing that I do," he said.

Although the unsponsored Vaughn believes that a strict career of being a professional rider is unlikely, with little luck, he has the potential to become one.

Kilbury is a firm believer that Vaughn has what it takes to the next step.

"I think it's especially difficult in our area for extreme sports because of the severe shortage of spots to ride. Seeing other people from Vermont actually progressing makes it all seem less daunting."

Selfies with the Clintons!



COURTESY PHOTO

Castleton Alumna Alison Flewelling, currently working as director of public relations at Nashua Community College, poses for pictures with the Clintons during a recent event in New Hampshire.

Gaschen inspires Castleton students

Continued From Page 1

Gaschen is just one example of this commitment.

Jessica said she aims to "find a way to drive home to the students that college is about finding your voice, your passion, your path forward in this world." Gaschen is an example of what happens when someone is dedicated to the pursuit of a specific goal.

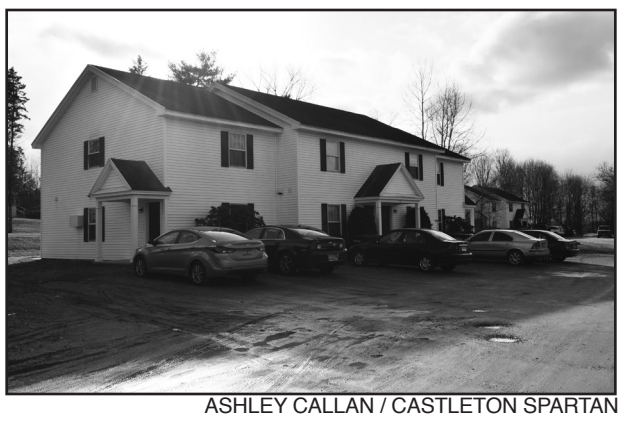
The Cowdens first met Gaschen at a benefit concert in Grand Junction, Colorado. Having lived there for many years, Rich was the head of theatre at Colorado Mesa University.

"He was there on behalf of a mutual friend, Bob Sammons, a psychiatrist by trade and BBQ national champion by avocation," he said.

Sammons also happened to be a huge "stage door Johnny" at Broadway shows, which means he would wait outside the stage door to get autographs from stars after a Broadway production. He met Gaschen outside the stage door one night and became his friend. The Cowdens soon joined the mutual friendship and stayed in touch over the years.

Gaschen is just one of many in the Cowdens' extensive network of friends and colleagues, who are all well versed in the world of the fine and performing arts and have reached a high level of success.

"It's our mission to leverage these relationships into opportunities for Castleton folk and the community at large to be able to watch, interact with, and learn from A-list people right here in our little corner of the world," Rich Cowden said.



ASHLEY CALLAN / CASTLETON SPARTAN

"The Whites" apartments are just one of the many off-campus options for students.

Off-campus options save students $$$

Continued From Page 1

Dilan Clements saves a substantial amount of money living off campus.

"I saved around $4,500 this year. It's all about personal preference though and what your needs are. I know more people like just having everything covered on campus. There's no month-to-month stress. There are pluses and minuses to both," Clements said.

Katie Robinson always thought it would be beneficial for her to live on campus, but found out otherwise this semester.

"A couple of my friends influenced me to go to the financial aid office and check out how much my refund check would be if I decided to live off campus. The financial aid lady calculated how much money I would get back depending on the amount of aid I received this year. Turns out I have more than enough to live in an apartment!" Robinson said with a smile.

Though it varies person to person, Woodell encourages people to check it out.

"It's a personal decision for everyone, but everyone should do the math. It's worth checking out," Woodell said.

Interesting fixes

Students have a variety of guilty pleasures

By Eva Clark
Castleton Spartan

What is something everyone has, but may not want to admit? Something you enjoy doing, watching or listening to that may not be considered all that "cool"?

It's a guilty pleasure, and the Castleton community is riddled with them – some more intriguing than others.

When students, coaches, Public Safety officers and graduate assistants were asked for their guilty pleasures, the answers varied greatly. They ranged from hanging out in their favorite red onesie (Matthew Levins) to enjoying HGTV marathons with close friends (Taylor Wilkerson, Eric Horsfield and Nohea King).

It was soon clear that Castleton University is home to some interesting fixes.

Take women's softball coach Eric Ramey. On his nights off from scouting opposing teams and creating game plans, Ramey likes to relax on the couch and turn on some WWE wrestling. Problem is, he said his wife doesn't approve of him watching when the kids were around.

"I tried to support her efforts to discourage them from being interested in it, but after she went to sleep, I would flip the channel to watch the end of the show. I even let the boys sneak back into the room to watch! Not my best work as a parent."

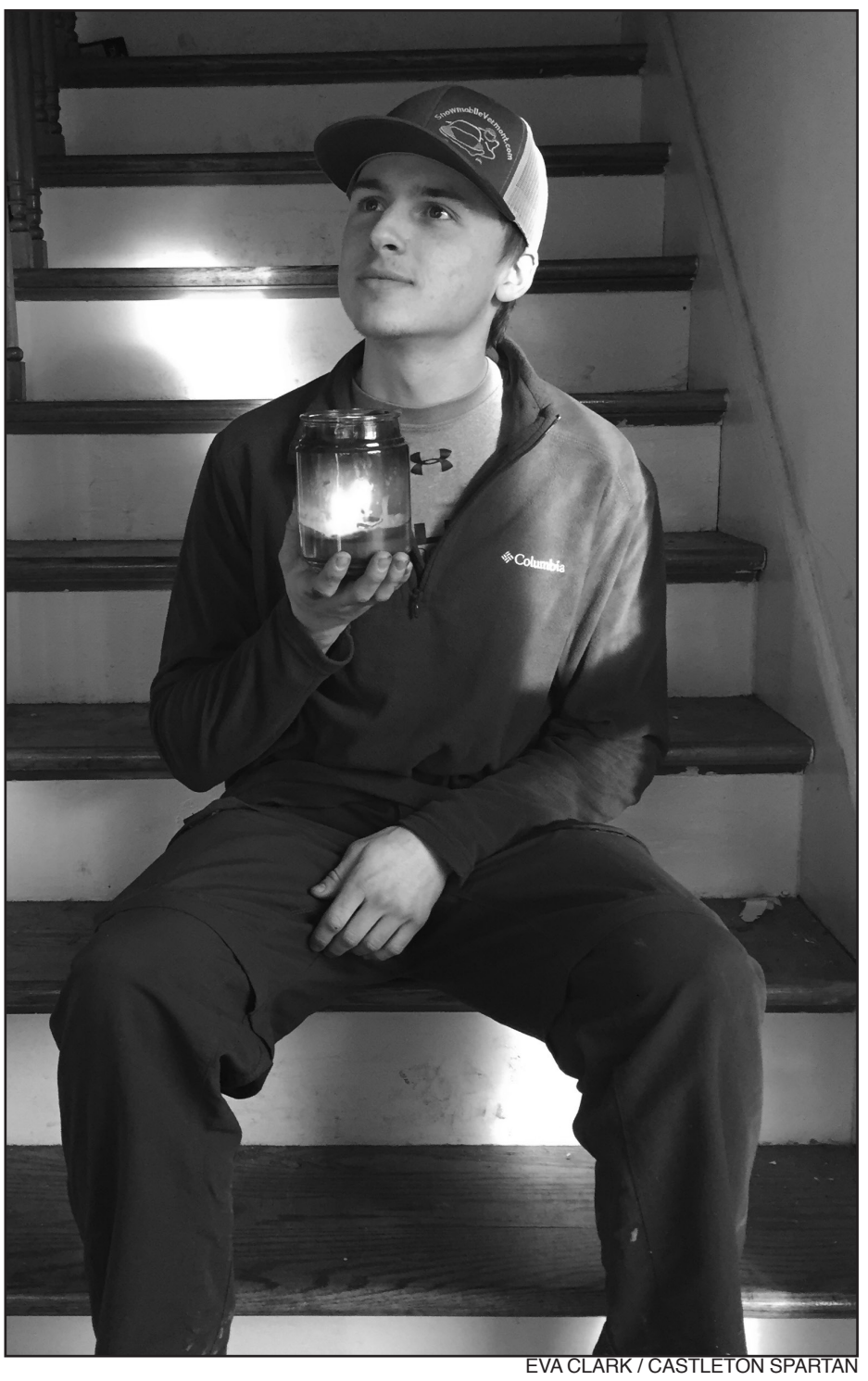
The most common responses from Castleton students related to – of course – food. Chocolate, peanut butter and Nutella sandwiches (Brock Labelle), french fries (Connor Kelly), coffee ice cream (Walter O'Dell), Oreos (J'Leen Diaz), Swedish Fish (Luke Salerno), popcorn (Andre Remus) and pudding were all cited.

Senior Zach Devoid's was perhaps a little more grotesque for some.

"I eat the fat on steak, it has the most flavor!" Devoid said.

Ryan Mulder said his guilty pleasure is baking muffins.

But there were plenty of responses unrelated to food as well. Eric Horsfield's response to the question-of-the-day was, "I really love Katy Perry's music." Bart Moran often enjoys wearing his favorite pair of cowboy boots. Graeme Pike "really likes girly scented candles." Kayla Zsido loves to watch the movie "Anne of Green Gables" and Taylor Vile likes to treat himself to a glass of Pinot Grigio.



EVA CLARK / CASTLETON SPARTAN

Graeme Pike poses with is guilty pleasure, girly scented candles.

Not surprisingly, there were a few guilty pleasures relating to the shower. Jakob Trautwein admitted that he talks to himself in the shower about football pretty regularly. Jamie Trayer enjoys 45-minute-long showers when she is at her parent's house, and Nick Kovalchik can't pass up "a nice warm bath."

Public Safety officer Floyd Morey had a more intricate one, resulting in a bit of trouble on the home front.

"I wake up in the morning and turn all of the TV's on around the house so that I don't miss anything as I go through my morning routine. I like ESPN and especially the Dan Patrick Show. I also turn the volume way up … my wife will yell at me because she will be home at the end of the day and turn the TV on to find the volume cranked."

Have you thought of your guilty pleasure yet?

That lucky little red potato

By Peter Kazakis
Castleton Spartan

Many of the greatest athletes have had the weirdest superstitions.

Hockey Hall of Fame member Patrick Roy used to verbally converse with the goal-posts on his nets. Wayne Gretzky, "The Great One," used to have a diet coke, then an ice water, then a Gatorade in between periods.

Five-time NBA MVP Michael Jordan always wore his lucky college basketball shorts under his NBA uniform. Tennis legend Serena Williams brings her shower sandals to the court, ties her shoelaces a specific way, and bounces the ball five times before her first serve (and twice before her second serve).

Whether it's a big test or a big game, a little good luck can go a long way.

When asked about his game-day superstitions, Castleton senior soccer player Eric Cross explained that a few things must be done, as if religion, to make sure his team earns a victory that day.

First comes two packages of red Welches fruit snacks. That's 100 percent of Cross' needs for Vitamin C, and 25 percent of both vitamins A and E. He takes three Advils before game-time, and for two seasons Cross has sported a mohawk for good luck.

But the real clock work, the real magic, has to do with his shin-guards and cleats. The Morrisvile, Vermont native says sternly, "left first for shin-guards, right first for cleats."

Castleton hockey players Sam Pion and Hannah Wright are also on board with being meticulous about putting on equipment. "I always put on my gear the exact same way, every time," says Wright. "It's usually right first for putting everything on, but I have to actually tie my left skate before my right skate," explains Pion.

Pion and Wright also have specific, lucky game-day outfits that they wear, including lucky Under Armor. Lastly, Pion said, are the lucky Livestrong bracelets, a different one for practice, for home-games and for away-games.

Senior hockey player Ben Bauer prefers not to have many "game-day rituals," as religious routines could possibly work against your mental focus. "If you don't do everything exactly right, it could mess with your head," Bauer explains.

Good luck is nothing to mess around with.

Dr. Paul van Lange is a professor of psychology at VU University Amsterdam. He co-authored a paper titled, "The Psychological Benefits of Superstitious Rituals in Top Sport: A Study Among Top Sportspersons." The paper was published in the Journal of Applied Social Psychology in 2006. Game-day rituals and superstitions act as a psychological placebo, says van Lange. "They help people cope with uncertain outcomes in the future, especially if these outcomes are important to them," he argues.

Wright's most serious game-day placebo deals with the contents of her breakfast, but it's not about the eggs, or even the toast she eats.

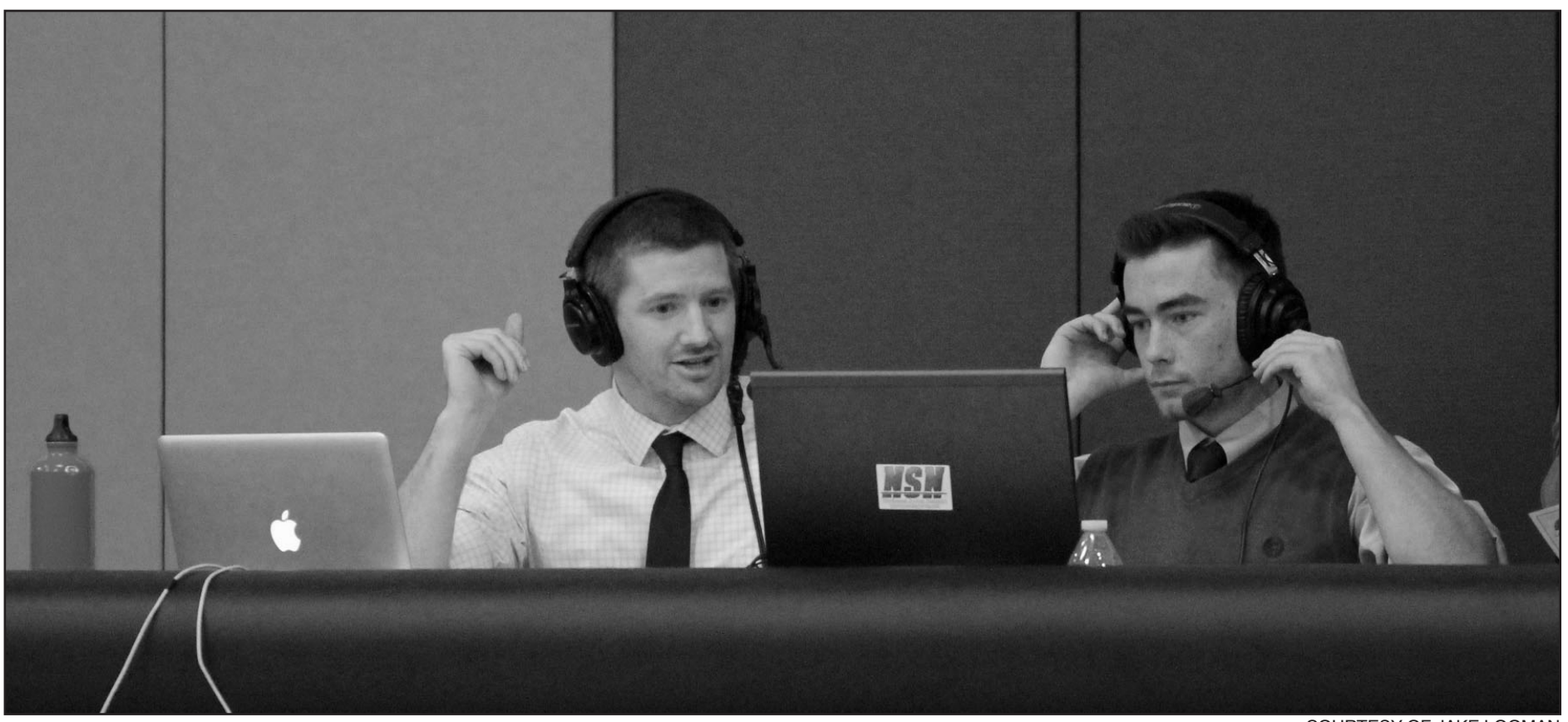
It's about the "one red potato, sliced up into little cubes for home fries," Wright said, imitating the procedure with her hands, visualizing dicing up the vegetable.

she also makes it clear that nothing but ketchup can adorn her red game-day breakfast potato.

She smiles, confirming, "it's very systematic."

PETER KAZAKIS / CASTLETON SPARTAN

Hannah Wright poses with her lucky red potato before her game last weekend



COURTESY OF JAKE LOOMAN

Castleton Sports Information Director Ben Stockwell, left, keeps track of statistics during a recent basketball game.

Man behind the curtain

Jake Looman
Spartan Contributor

Castleton University sports teams have had tremendous success in recent years. We often see student athletes' successes plastered all across social media and castletonsports.com. If you have seen anything written about any Castleton team, it came from the office of Ben Stockwell.

If you're a Spartan athlete, he's taken your headshot. Odds are, he knows 90 percent of your career stats as well. Many say he's the best at what he does.

In today's world, sports information encompasses everything from game day operations and statistics to daily press releases and keeping a large presence on social media. It's a very thankless, behind the scenes job, but with an incredible amount of product exposure.

"Most of what Ben does goes largely unnoticed by the general public. But it's very much noticed if it's not done correctly," softball coach Eric Ramey said.

Football coach Tony Volpone and field hockey coach Jessica Kischko both commended Stockwell for his ability to expose all that their respective teams do both on and off the field, and they said they know all other teams receive the same coverage.

"Families, recruits and anyone following his publications see an article about commitment to community or academic all-conference. When they read that and they see that Castleton puts an emphasis on those two areas, it resonates with a lot of people," Volpone said.

As a sport media major at Ithaca College, Stockwell interned his senior year in the sports information department at Cornell University. Following another one-year internship at Stonehill College, he accepted a position at the University of Pennsylvania as an athletic communications assistant under Mike Mahoney. To Mahoney, Stockwell was unequivocally the man for the job.

"We really liked his demeanor during the interview process. He had excellent acumen for the profession," Mahoney remarked.

The combination of his experience and a drive that would go unmatched in the industry is what many believe makes Stockwell so good at his job.

"He has an incredible work ethic, and I think this is a job that you truly need to love to do it," Mahoney said.

That work ethic would drive him to a graduate assistantship under Jeff Weld, Castleton's current director of Marketing and Communications, when he was in his former position as sports information director.

"I remember him being like he is now. Professional, quiet, he just gets it done," Weld said remembering Stockwell's first days. "I think Ben is probably the most polite person I've ever met."

A promotion for Weld to director of College Relations and Sports Information for the 2012-2013 academic year meant that a position was open as the associate director of Sports Information.

"When Jeff got promoted, we didn't even need to do any outside search. We knew Ben was who we wanted in that position," Athletic Director Deanna Tyson recalled.

Now, Stockwell has sole control of the Sports Information office as the director of Athletic Communications, with still some oversight from Weld. When asked why Stockwell is so highly regarded in the industry, Weld was quick with his answer.

"Certain people in the profession get caught up in just doing stats really well, or just doing social media really well or just writing really well and Ben has a broad understanding that all of those things together are what make athletic communications worthwhile," Weld said.

Tyson has come to value what Stockwell does on a daily basis.

"He always knows what's going on, and what needs to go on, and that keeps him ahead of everybody else. He doesn't wait for things to happen, he's ahead of what's happening. That's why he's so successful," Tyson said.

Weld agrees.

"Ben has a unique ability to have great attention to detail, but he understands the big picture." Weld said.

Right now, Stockwell has two graduate assistants and one senior intern working with him and they all know what is expected of them in their positions. Second-year graduate assistant Taylor Wilkerson spoke about their expectations.

"He values the quality of every piece of work that we send out, as well as timeliness and professionalism very strongly. He takes ownership of everything that comes out of the office and makes sure it is to the highest quality possible," Wilkerson said.

But his coworkers say he also always has time to have fun. It is common to see him in Glenbrook Gym on his lunch break mixing it up with whoever wants to play hoops. While he values the fitness aspect of playing basketball, there is always room for some trash talk, lunchtime rival Ramey said.

"The reality of Ben and I on a personal level is that in pickup basketball he is 0-2 against me and I hit two game-winners. In the same day. And I haven't gone back. Why would I?" Ramey joked.

A tough road ahead

Casey McGraw
Castleton Spartan

Glenbrook Gymnasium will be the site of a heavyweight battle as the Husson Eagles visit the Castleton Spartans in a women's basketball North Atlantic Conference matchup on Saturday, Feb. 13.

Saturday will also be Senior Day for Jade Desroches, Bryanna DuPont and Ali Jones. The trio has won two NAC Championships and played in the championship game all three years.

"Playing Husson on Senior Day will make the game a little more emotional but our three seniors have always seemed to rise to the occasion and I don't think Saturday will be any different," said Castleton Head Coach Tim Barrett.

Jones agreed this game will feel a little different than most.

"There's going to be a mix of emotions that day but we need to come together to use that emotional energy as a way to motivate us," Jones said. "This game could also be a deciding factor for who gets to host the tournament so there's going to be a wide range of emotions."

While this game could have a huge impact on playoff standings, Husson says they try to take everything one game at a time.

"We don't talk much about championships or hosting, we try to keep the focus on the next game on the schedule," said Husson Head Coach Kissy Walker. "There are still too many games that could change the seeding so we keep stressing one game at a time."

Husson took the first victory 72-52 when the two powerhouses met in Bangor, Maine on Jan. 22.

"The first time we played Husson was a tail of 2 halves. We did a good job in the first half dictating tempo on both ends of court. The game got away from us in the second half. We did a poor job of attacking their zone and handling ball pressure," Barrett said. "On Saturday we must do a better job of defending the basketball and keeping them off the free-throw line, while not settling for perimeter jumpers offensively."

Eagles guard, Kenzie Worcester, had her way with the Spartans with 21 points on just 5-7 shooting from the field and connected on all nine of her free throw attempts. The freshman averages over 14 points per game, making her a reliable option for the Eagles.

"She has been having a great year, it certainly helps when she gets off to a good start," said Walker.

"Kenzie is a talented freshman guard. We need to make her put the ball on the floor and keep her off the free-throw line," said Barrett.

The Spartans are 6-2 in their last eight meetings with the Eagles.

COURTESY OF CASTLETON ATHLETICS

Morgan Raiche covers an Endicott College defender in a game earlier in the season.

Couture carries Alpine team

Isaac Devoid
Castleton Spartan

It is certainly a rare occurrence to earn All-America honors four times by an athlete's junior season.

However, for junior alpine men's ski team member Matt Couture, first-place finishes have become routine.

Couture has had a tremendous amount of success in his first two seasons at Castleton including six first-place finishes, three second-place finishes and one third. And one of his victories was the slalom title at the 2015 USCSA Eastern Regional Championship.

The combination of finishes helped elevate Couture to the 2015 ECSC MaConnell Division skier of the year as well as being named to the USCSA All-Eastern Regional Team.

Many skiers would be content with that, but Couture isn't done yet.

"I would like to win the overall for the division this year as well as going back to nationals and having success," Couture said.

Teammate, Tyler Smith isn't hoping for more success for Couture; he knows its coming.

"He already has a few wins under his belt this season and I don't think he'll be letting off the gas anytime soon," he said.

Couture has become the king of consistency on the slopes, but many wonder how?

Head Alpine Skiing Coach, Chris Eder attests that Couture's success is no surprise.

"He does all the right things as far as training goes. Matt is always one of the guys trying to get faster and faster by getting an extra run in," he said.

Couture feels his abilities have a lot to do with his background in skiing.

"I am different from other skiers in the division because of how I look at ski racing. I've been doing it my whole life. When it comes to this time of the year it's all I really focus on," he said.

Eder also said Couture clearly has talent on the course, but he said his best attribute is not so common.

"Matt is smart. He understands the fine line between being fast and finishing his two runs. That's what sets him apart; he's smart but he can ski fast," Eder said.

After six races, Couture is in fourth place in the ECSC MacConnell division, but it's a very slim margin between Couture and his competitor sitting in first place.

If Couture can continue to ski at a high level, Eder and others believe he will certainly be able to make it back to Nationals where he thrived last year finishing 10th overall.

Couture and the Spartans are back on the slopes on Feb. 20 at Pat's Peak.

COURTESY OF COLIN MURRAY

Castleton alumnus Colin Murray warms up for the Kalamazoo Wings in Michigan. Murray graduated in 2014.

The dream is real

Peter Kazakis
Castleton Spartan

The odds may be tough, but Spartan hockey alumni are proving that going to the big leagues after Castleton is no fairy tale.

And while playing professional hockey can demand blood, sweat and tears, student athletes who once-walked around this campus are now having a blast traveling the world and getting paid to play the sport they love.

Spartan Colin Murray, who graduated in 2014, has been able to explore the United States while earning dough being a pro. Since graduating, Murray has played for the Evansville Icemen in Indiana, and now is a member of the Kalamazoo Wings in Michigan. Both teams are in the East Coast Hockey League, which is one level below the American Hockey League. A couple hours outside Detroit, Murray laughs thinking about the journey. "It doesn't feel like a job. I have the privilege to be able to do this for a living and I wouldn't change it for anything," he remarks.

Murray's classmate and roommate, Ryan Delorme, is also proving that Spartan hockey can lead to the big leagues. Delorme graduated alongside Murray and is in his second season playing for "Les Remparts de Tours."

That's right, he's playing in France's Division 1 professional ice hockey league.

The city is Tours, which is located in the Loire Valley region. It is about a two-hour drive south of Paris. The Loire Valley region is known for its wine and beautiful chateaus.

When asked about the pleasures of playing pro, Delorme stated "I'd say the best part about my job is being able to continue to play the game I love at a high level, while being able to travel and see the world. It's definitely an experience I would recommend for any athletes who have the opportunity." Inexpensive travel has allowed Delorme to travel to Italy, Morocco and Greece.

During the 2013-2014 season, 31 percent of players on active NHL rosters had played in the NCAA. This number had grown since the year 2000, when only 20 percent of NHL athletes had come up through college hockey. And while most NCAA hockey athletes in the NHL played Division I college hockey, more than a handful of players have graduated from Spartan Arena to play pro hockey.

Having graduated in 2013, Spartan Josh Harris is now earning a living playing in the Southern Professional Hockey League for the Peoria Rivermen, in Illinois. The Spartan goal-scorer has even had the opportunity to play for the Las Vegas Wranglers, just off the strip in Las Vegas. "It's the best thing to be playing hockey for a living, getting paid to do what I love. Another sweet thing is constantly meeting new people," Harris says.

Hockey in Vegas? Not bad.

Harris laughs as he recalls the city of sin being a "great time." Harris also said some of his earnings are paying his student debts.

Like Murray and Delorme, Harris' teammate and roommate Justin Alonzo also went on to play in the big leagues. Currently playing for the Port Huron Prowlers, Spartan Alonzo has recorded 52 points in 29 regular-season games. That's four professionals who all lived at the "factory" on Elm Street. That yellow house seems pretty auspicious.

While playing hockey for a living has its benefits, Harris, Murray and Delorme maintain that it's not all fun and games. Murray cites how there are weekends where he has "a six-hour bus ride through the night, play Friday night, then another three-hour bus ride to play the Saturday, and then another seven-hour bus ride back to play on Sunday. It definitely taxes your body and you really have to stay in shape."

Harris details how being on the road is definitely tough, but says there are some things that are even tougher.

"Being away from family is a big one, as well watching nephews grow up via pictures," he said.

Delorme is trying his best to learn French, while teaching his teammates English. He says he doesn't think he'll ever quite understand one of his teammates, who is from Russia. "Let me tell you... this guy is a character. He looks like a 35 year-old twin of the DJ David Guetta with that long hair, except he is missing his front teeth. He is always half naked in the locker room, blares techno music and pretends to be a DJ."

Among other current Spartan senior hockey players, William Laking is hopeful that he will also get to live the dream and play pro hockey. Laking hopes to play either in the east-coast of the United States, or earn a spot playing in Austria, France or Germany.

He says leaving Castleton, where he is comfortable and familiar with, will be hard. But Spartans before him have proven that he has every right to pursue his dream. He says Europe would be great exposure and a great experience. He looks forward to immersing himself in different cultures.

"I'm really looking forward to playing hockey as a career. I mean, how cool would that be."

COURTESY PHOTO

Ryan Delorme and Colin Murray pose during their days at Castleton University.

50 years of party

By Brock Pollard
Castleton Spartan

I was sitting on my couch the other day watching the Super Bowl. I wasn't thinking about who I wanted to win, what player was going to get MVP, or whether or not Coldplay was going to rock the half-time show. However, I was thinking about where I was and who I was with.

Traditionally, people tend to categorize the Super Bowl as a holiday. Holiday traditions include getting together with friends and family, varieties of different foods and a shared meaning for the day.

According to statista.com, 114.4 million people watched the Super Bowl on television last year in the United States alone.

So, just what do people do for the Super Bowl?

"I watch the game with friends, chips and dip, and root for the underdog because the Rams are never in the Super Bowl," said senior and die-hard Los Angeles Rams fan, Alden Bisson.

Others choose to spend the day preparing tasty food for the final game of the NFL season.

Deb Moser, mother of two sons and resident of Manchester, Vt. said she sees the Super Bowl as a chance to stuff her boys with delicious Super Bowl snacks.

"I make my homemade buffalo wings and loaded four-cheese nachos and pray that it is ready before kickoff," said Moser in hopes of no complaints from her family.

Many people go as far as hosting annual Super Bowl parties where it becomes a tradition to attend. Jess Binkowski, junior exercise science major, recalls her family attending the same Super Bowl party for years.

"It wasn't even a question of where we were going to go for the Super Bowl, because we always went to my uncle's house," said Binkowski.

The Super Bowl is a game that everyone can enjoy because of the constant hype leading up to it, as well as it being the championship game. It is a thrilling game between the two best teams in the NFL, drawing people in from all over.

However, being a fan of a team playing in the Super Bowl makes the game that much better.

"I am really excited for the game, but my heart would be in it more if the Pats were in it," said sophomore lacrosse player, Sam Siegel.

Regardless if your favorite team is in the Super Bowl or not, it is a game that has evolved into a national holiday among many people and its traditions are creative and unique.

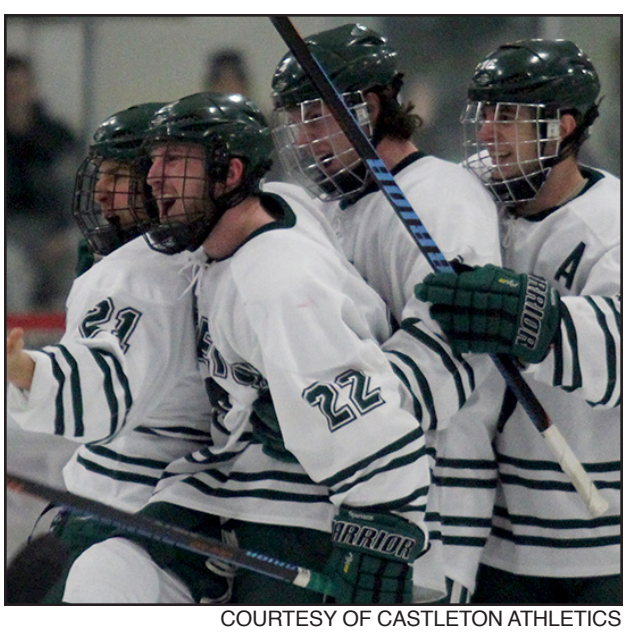
With this year's game being the 50th annual Super Bowl, I wonder what kind of interesting plans people had for the day.

What do you do for the Super Bowl?

Sports through pictures

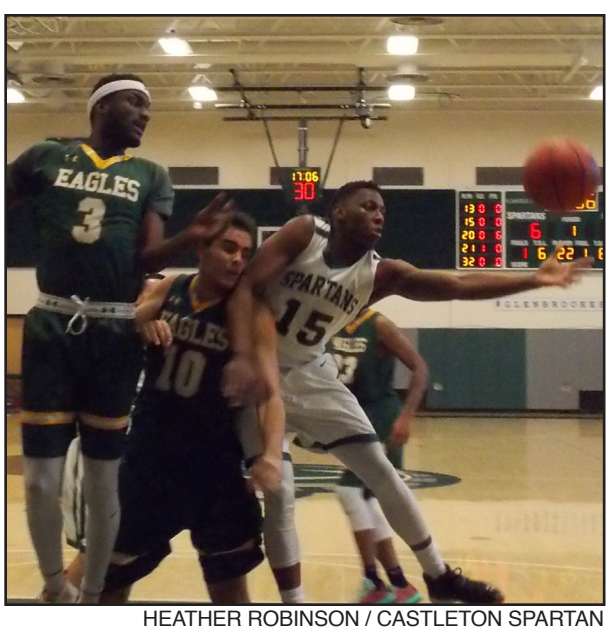
ASHLEY CALLAN / CASTLETON SPARTAN

Hannah Wright escapes a Plymouth State defenders in the Pink the Rink game on Feb. 6.



COURTESY OF CASTLETON ATHLETICS

Fabio Klay, left, celebrates a goal with his teammates after a goal against Norwich on Jan. 29.



HEATHER ROBINSON / CASTLETON SPARTAN

Tondi Mushandu battles for a loose ball under the basket against a Green Mountain defender.

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday March 2, 2016 CastletonSpartan.com Castleton, Vermont

Pot still won't be legal at CU

By Riley Cartwright
Spartan Contributor

Even with legalization in Vermont looming around the corner, Castleton University will still prohibit cannabis use on campus, officials say.

The proposed bill being considered will allow persons 21 and older the legal right to have half an ounce of marijuana on them. The law, if approved, will not take effect until the beginning of 2018.

The goal of the effort is in part to eliminate the black market surrounding the use of marijuana, state officials say. But they also say legalization could lead to great tax revenues, with the agreed-upon 25 percent tax. Revenues are already pouring in to states like Colorado and Washington where marijuana has been legalized.

But even though it will be legal on the state level, the use of the plant will still be illegal on the federal level.

Because Castleton is a federally funded state school, it will not be permitted until it is legal nationwide, campus Public Safety officials say.

"Even If it changes in Vermont, it wouldn't change here on campus," said Keith Molinari, director of Public Safety. "I don't think it poses any new challenges for us."

According to Fred Baily, a Western State Colorado University student, if you get caught with pot on campus there, they will still treat it like an illegal possession. Using the plant off campus is perfectly fine, but if you bring it onto the premises it is treated as it always been.

Currently here at Castleton, it is treated just like an underage drinking offense. The person caught with the marijuana will be put into the disciplinary process. The disciplinary process is conducted by the Residence Life staff.

In the disciplinary process, there are a series of offense consequences. The first offense may result in restitution hours, attending a drug education program or monetary sanctions, according to the Castleton University student handbook. Second and third offences get more and more severe including financial aid penalties.

After asking Castleton students about their opinions on marijuana, 18 of 20 said that it should be legalized. The most cited reason is they believe it is no more harmful than alcohol is. None of those interviewed said legalization would affect where they choose to live, be it on or off campus.

"I don't think it should change someone's opinion on housing because if they wanted to smoke, they could just go off of campus," student Jake Moulton said.

Emergency response times tested

AARON LETHBRIDGE / SPARTAN CONTRIBUTOR

A student walks past one of several emergency posts on Castleton's campus.

By Jadie Dow
Castleton Spartan

Tom Holland got the call at 12:18 p.m. An emergency blue light button was pressed by the Old Chapel. No response on the other end, it was either a false alarm or someone was hurt.

Can't take any chances.

He broke out into a run and got there as fast as he could.

"Is everything okay? Is anyone hurt?" Holland said as he made his way to the light.

Little did he know, it was a test.

Once a blue light is pressed, how long does it take for a response?

One minute, 23 seconds, and a concerned officer to go with it.

There are 21 functioning blue lights on the Castleton University campus, and the two that are not working are marked as such. All are tested at least once a month, and half of them had their software replaced at the beginning of August.

Once the button on the post is pressed, the light starts flashing and a call is immediately sent to the Public Safety office, where the radio sends a live call to the light and the person can have a conversation about what is happening at the location.

That's when the officers are alerted and action is taken.

Director of Public Safety Keith Molinari was not surprised Holland responded so quickly.

"I had no doubt that my guys would get there in a short amount of time. These tests are all subjective though, a good way to test it would be to do a bunch over time and see the time differences there. But the longest it would take would be five minutes," Molinari said with confidence.

Not all students are as confident.

Continued on Page 6

ASHLEY CALLAN / CASTLETON SPARTAN

WILL CHMIELEWSKI / CASTLETON SPARTAN

SARA NOVENSTERN / CASTLETON SPARTAN

Republican presidential candidate John Kasich visited Castleton University on Feb. 29. He took questions from the audience, high-fived a local middle-schooler after her thoughtful question about affordable college, and accepted a hand colored John Kasich sign from 7-year-old Regan Bluto.

Castleton welcomes Kasich

By Catherine Twing
Castleton Spartan

Castleton University's Casella Theater was packed beyond capacity Monday with people even sitting on the stage, in the aisles and standing in the back.

Individuals from all political parties and ages filled the room to hear republican candidate Gov. John Kasich speak, including 7-year-old Regan Bluto, who handed the governor a handmade sign at the start of the event.

Kasich started the speech by introducing his twin daughters and his wife Karen.

"I've been in politics since they were nine. They could care less that their dad is running for president," Kasich joked during his third visit to the state.

"I have developed a not-so-secret love for Vermont," he said. "I served in congress with Bernie. I like his idea for free stuff — one year free, all Ben and Jerry's ice cream!"

Kasich talked about growing up with hard working parents in a small blue-collar community.

"My father stuck his nose in everybody's business and that's a good thing," he said. "I get the sense that in the small towns and burbs of Vermont and Massachusetts and where I grew up that maybe we still stick our nose into other people's business."

His father, a mailman, would congratulate neighborhood kids for their touchdown at the game and would also cry right alongside neighbors in times of trouble.

"I have had more interactions with real voters than all the candidates put together. Throughout the whole campaign I am who I am, and what you see is what you get," Kasich said. "I intend to remain the adult in the campaign for president."

He emphasized the importance of change starting in communities, not at the federal level. He also talked about persistence, saying how as a student at Ohio State, he wrote a letter to President Nixon and was granted the opportunity to meet him in the Oval Office.

Kasich also put a focus on education, saying young people today are much more informed and interested in meaning more than they are in money.

Questions from the audience included concerns about the Tor Server, sexual assault and child pornography. Kasich interrupted the speaker to say of course he will work to shut down the Tor Server, also mentioning a program his wife worked on in Ohio to get prostitutes out of the criminal justice system, and treat them like victims, rather than criminals.

While legalization of marijuana is a hot topic in Vermont right now, Kasich said he may support medical marijuana if there is proof that it helps, but he does not support recreational marijuana use, although he admitted to using it in the past.

Kasich also said he supports renewable energy sources and developing battery technology to store green power when the sun and wind aren't available.

On the topic of terrorism, Kasich said he wants to de-escalate tensions with Russia and support the Ukrainians trying to gain freedom.

"When America sits on the sidelines, good things won't happen," he said.

The audience was clearly composed of individuals from across the political spectrum. When Kasich mentioned his father was a democrat, there was a small cheer from the audience.

"What? Bernie wasn't in town so you had nothing else to do?" Kasich joked. "Maybe I can get you to change your mind by the time you leave."

Ray Phillips, from Fair Haven, is a Bernie supporter, but agreed with many things Kasich had to say.

"If he gets the republican nomination, I'd probably vote for him. I don't think he will, but I don't think Bernie will either," Phillips said. "He's more on the moderate side. Seems like we like the entertainment value too much in America. It's good he came to a small town in Vermont."

Randy Kinne of North Clarendon agrees.

"No one looks beneath the surface. If you look beneath the surface there's a lot of bad water," he said, adding that Kasich has the most political experience of any candidate.

Castleton sophomore Grace Manozzi knew little about Kasich before Monday's event, but she was sold.

"I had no idea about him. He's so quiet in comparison to Donald Trump's ego," Manozzi said. "He is the all-encompassing candidate. He believes in a cohesive relationship with republicans and democrats. His approach to things are a lot more logical. I'm so impressed."

Asked after the event about the campaign trail so far, he simply said it was "insane." And what does he think of Castleton?

"It's great! It's fantastic! I'd like to come back!"

Green becomes famous with her Bernie tattoo

ASHLEY CALLAN / CASTLETON SPARTAN

Castleton's Video Broadcast Technician Sam Green shows off her new Bernie tattoo. Artistic Ink in Winooski is booked into the end of March doing free Bernie tattoos.

By Elisabeth Waller
Castleton Spartan

Would you get a tattoo to demonstrate your political views? That's just what Castleton's Amy Miller-Bremel, CHANGE Initiative Coordinator, and Sam Green, video broadcast technician, did.

On Feb. 5, Miller-Bremel and Green visited Artistic Ink in Winooski, and each got a tattoo of Bernie Sanders on their calves.

"I've always been a really political person and really passionate about politics. I followed Bernie when I lived in the Midwest five years ago and I believed in what he stood for even when we lived there," Miller-Bremel said.

The decision was also a political act for Green.

"It came up in my Faceboook news feed. One of the local news places was covering it. I played the video and it came to the part where it showed the design and I was like "Oh, I actually like it, it's a good design. So, I posted it online and was like who's in? I was like, seriously who wants to go do this?" said Green.

Tyre Duvernay, of Artistic Ink, began giving out free Bernie tattoos a couple weeks before the New Hampshire caucus.

"Some idiot in New Hampshire was giving free Donald Trump tattoos and I couldn't have that, and they were ugly too. They were giving out Trump faces and "making America great again",

I was insulted by the whole thing and figured I'd stand up for my candidate," Duvernay said.

The tattoo design is an adaptation of Dave Barron's simple Bernie icon and depicts an outline of the politician's eccentric hair and glasses.

For Green, the media response has been greater than expected. Before the appointment Duvernay called Green to let her know a news crew would be there. Green and Miller-Bremel were both interviewed by the Channel 5 news.

After getting the tattoo, Green posted photos on Facebook. There was an outpouring of responses and shares of the Channel 5 news clip.

"I had to turn my Facebook notifications off just to go to sleep. I had something like 200 notifications in like 24 hours," said Green.

Green and Miller-Bremel were not the first to receive the tattoos, nor will they be the last. Artistic Ink has completed over 100 of the free tattoos and has at least one booked every day until the end of March.

"I'm more like annoyed. It's consuming my life. We have at least one to do every day. It got pretty bad so we had to start scheduling them out," said Duvernay.

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What if it was you?

Rape. It's an uncomfortable topic. It's something that everyone knows is happening, but it's also something most people choose not to talk about.

It happens every day. Men, women and children are raped, and often, the people stripping others of innocence walk away free.

Why?

Because once it's over, it's the victim's word against the offender's.

For some reason, people tend to believe the accused – so much so that victims are afraid to come forward. They're afraid of being questioned about what they were wearing, why they were out alone or whether they were drinking.

This needs to change.

In recent news, pop singer Kesha's case has been brought to light. She is in a contract with a producer named Dr. Luke, who she says sexually assaulted her.

Obviously, this caused her to not want to work with him. After two years of battling and not recording any music, she finally went to court to get out of her contract.

She didn't even ask for him to get in trouble. She just wanted to record music somewhere else.

She was declined her request.

According to the ruling, she was not allowed out of her contract. She doesn't have to record new music with Dr. Luke, she just can't record anywhere else.

Kesha's case is so popular because she is a high-profile victim. But what about the people who aren't in the limelight? Things like this happen.

Every.

Single.

Day.

According to Dr. Sharon Galor, a psychologist in Holland, victims tend to blame themselves because of the basic human need to feel in control. People need to feel like they could have done something to prevent it in order to feel like it won't happen again.

People questioning them does not help on the road to full acceptance of the fact that they did nothing wrong.

Since Kesha's case, many celebrities have come out in her defense. Demi Lovato was quoted saying, "Our focus should be on the topic of victims of sexual and physical abuse being afraid to come forward with their stories. They're more likely to face retaliation and harassment than to see justice being served."

So basically, we live in a society where people who are drugged, beaten and left to deal with something traumatic for the rest of their lives are questioned and accused.

What if it was your daughter, sister or best friend?

What if it was you?

-Jadie Dow

VanBuren family tree

When I was little, I thought that people with identical last names were related. As you can imagine, 6-year-old Martin was too young (and cute) to know that this simply was not true. I grew up with family members who considered this too adorable to tell me the truth. The ironic part is that I had four classmates who shared the same last name. Instead of telling me "no, that's not how it works," my family planted and watered the idea until it could no longer be uprooted. For a whole year, they covered that plant with as much manure as they could; I didn't know any better. It wasn't too long before I learned that I shared the last name "VanBuren" with the eighth president of the United States. Even worse, I shared a first name with him too. I couldn't believe it, I was related to a president of the United States! Then came the uprooting.

My family finally broke the news to me, as if a family pet had died and everyone except for me knew. I was heartbroken; not at the whole "last name equals family," but the fact that I was not related to a president. It was many years later --this past fall-- that I found out that Martin VanBuren (the president) was one of the worst presidents the U.S has ever had. In fact, most citizens blamed him for the 1837 depression; with newspapers calling him "Martin Van Ruin."

Thankfully, we do not live in a time period where people are knowledgeable about most looked-over presidents (which is also kind of sad).

With that being said, most people DO at least know the names of our presidents. Whenever I introduce myself, nine times out of 10 someone mentions the president and asks whether or not I am related to him. Being the comedian I am, I always answer yes for two reasons. Number one: Nobody can fact check me on it. If I say I'm related, most people are going to believe me. What are they going to do? Check Ancestry.com? Number two: it sounds impressive. Because of the lack of history knowledge, most people don't know how terrible of a president he was. However, if my name was "Bill Clinton" or "George Bush" I would certainly receive some interesting looks/opinions on the famous individual.

I should let you know right now that I'm not related to the eighth president, at least, we aren't really sure. My father always says we aren't related because the president Martin VanBuren was a democrat, but I'm optimistic. If I really am related to him, I wouldn't be too disappointed, I would just skip over the whole "terrible president" in my answer.

-Martin VanBuren III

Castleton Spartan
CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

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Fresh Perspectives:

A collection of thoughts from a mountaintop outhouse

The outhouse used to face west—I know because whoever had the task of moving it didn't finish the job. That is, I fell in the old hole before it was filled.

Now it's higher up the hill and faces the south, looking out on the mountains. That's why I leave the door open—it's a relieving view.

Sometimes I imagine someone in another outhouse perched on one of the jagged mountains, looking out at me the way I am looking out at him—a fragile reflection.

Why is the mind always flooded with thoughts while defecating? I don't know much about my body—perhaps thoughts fill the void. I grow sad when I realize that, if I'm right, dinner will replace the thoughts.

What do I know—sitting on cold wood, watching the world pass through the small space of an outhouse doorframe?

A blue jay lands on a tree in my view—the lucky bird has no idea what it's like to be inside a wooden box. What a novel idea, a box.

I imagine a southern burst of wind—sopping up dust, blowing the outhouse over while I sit. On its back, it would surely resemble a casket.

And if the wind comes from the north, the outhouse could fall on its entrance and trap me within it—the choice between a coffin and a cage.

I heard somewhere that outhouses are prone to catch fire—on account of all the gasses. What a cruelty that would be, setting myself ablaze with kindling I produced.

I notice that I walk to the outhouse with determination and leave with idleness—it ought to be the other way around.

The trees bend on the ridge and I wonder if the outhouse knows what it once was—what a strange providence.

The bluffs beneath the trees continue to stare in one direction with indifference—if I am anything, I am a bluff.

The crescent moon sawn into the wooden door—who devised that innuendo? I'll bet he was relieving himself. I'll bet he chuckled just as I am now.

-William Jacob

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Letter to the editors

Dear editors,

I wanted to respond to the article by Eric in the Dec. 9th Spartan. It was a fine article and it's great that it brought attention to Castleton's presence in Rutland and the opportunities for our students to work/intern/participate in the community. However, he seemed to be unaware of the the extensive involvement for decades – since the 1960's and 1970's – by Castleton's Education, Nursing, and Social Work programs via student teaching in many schools, clinicals in hospitals/medical settings, and field placements for social work majors.

The Social Work program currently has 18 seniors during field internships two full days/week all year in 14 agencies. Next year we will have 25. I visit each senior every other week at their placements. In my Early Field course, I currently have 12 students placed in 13 agencies, so currently I have 30 students working in Rutland County agencies.

I have cc'd this to the Education Department Director and Nursing Director as well. All three programs have faculty whose job is to visit students onsite, so Castleton faculty have been a collaborative partner/presence in Rutland for decades.

I am sure we would all be glad to participate in an article as a follow-up to Eric's about all the involvement and great work hundreds, if not thousands, of Castleton students have done over the years with and for Rutland County people. If you don't do another article, that's fine. I just felt I needed to add this missing piece. I hope you don't take it as a criticism, as it's not meant to be.

Thanks.

-Lillian Jackson, Social Work Program Director

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Chinese culture shared at New Year celebration

EVA CLARK / CASTLETON SPARTAN

Chinese professor Lin Wenjing and student Eric Ginter stand by the table of assorted foods at the Chinese New Year celebration.

By Eva Clark
Castleton Spartan

Walking up the stairs to the 1787 Room on Feb.10, people were promptly met by powerful aromas of traditional homemade Chinese dishes such as Cantonese soup, sweet-flavored rice with preserved pork and scrumptious bubble tea.

When they entered the room, a full spread of these dishes and more were on display atop a long table decorated in red and gold.

It was a Chinese New Year celebration, Castleton style.

The woman behind most of the cooking is the main inspiration for the event. Lin Wenjing, who teaches Chinese at Castleton, said this is the first year that she hasn't been in China for the New Year.

She also said this has been her most memorable Chinese New Year to date.

"I am so happy because I have such a wonderful time with the Castleton faculty and students. I was still able to enjoy the traditional New Year food, and the students made it such a wonderful moment even though I was away from home. And it's snowing!"

At the start of the event, one by one, Chinese I and II students stepped up to the microphone to introduce themselves, some more nervously than others. First, they stated their English names. Next, they told about their own hand-picked Chinese names – each with a different meaning pertaining to every unique individual.

Callie Ginter, for example, introduced herself as Gong Si Jie, which means respectful, thoughtful and prompt. Wenjing helped the students decide their Chinese names.

The celebration also included a chopsticks competition, the singing of traditional Chinese songs (anyone who knew them joined in) and a mini-drama performance of a famous Chinese play (some describe it as a rendition of "Romeo and Juliet").

There was also a Calligraphy Show and a demonstration by professor Carrie Waara on how to make dumplings. The dumplings were later added to the buffet, placed in an awaiting pot of hot broth.

Food plays a large role in the Chinese New Year. Yang Yichen is a Castleton international student from China and was asked what it is like to celebrate the holiday back at home.

"It's the most important holiday in China. We celebrate it for 15 days, and there is no work during that time. Family gathers from around China and we always prepare all kinds of food for the 15 days," he said.

For this celebration, Wenjing wanted to be sure she was using the authentic Chinese ingredients she grew up eating. So she and well-versed Chinese student Eric Ginter travelled to a market in Albany, New York to get the real deal.

Wenjing tried to explain just how important the New Year celebration is in her country.

"In America, Christmas is a huge holiday, but in China the New Year is the biggest event," Wenjing said.

Ginter further elaborated on its meaning.

"It's a time for family to come together and celebrate. Often young people will travel from the cities to the country to reunite with all of the generations of family. Once together, they celebrate good fortune, prosperity, wealth and health for the coming year," Ginter added.

After a successful first Castleton Chinese New Year Celebration, organizers said they hope to have another in 2017.

Tuning out of social media

By Lacy Parmenter
Castleton Spartan

In 2016, you'd think everyone would be connected on the World Wide Web through social media. That's mostly true, but in our Castleton University community there's a range of users – and some are tuning out.

"I think it's a distraction," said junior Kristi Lachar, who deleted her Facebook page about two months ago. "Social media can be beneficial and bring awareness to a lot of things, but I also think it's very negative."

Junior LeeAnn Senecal said she too thinks social media is becoming less appealing.

"I think social media is more negative than it is

positive anymore," she said.

Senecal uses a range of social media platforms including Facebook, Twitter, Snapchat, and Instagram. She gets fed up with Instagram the most and said she has to delete it for a couple days to give herself a break.

"I deleted Instagram because of two reasons; the first is due to the negativity and the second is because it's a distraction. I spend too much time on it," Senecal said.

"I think social media is more negative than it is positive"
-LeeAnn Senecal

Professor and Chair of Business Administration Peg Richards uses social media for personal and work related reasons.

"I use my Facebook more for family, people I went to high school with, and college. Reddit I use more for political research. If I use my Twitter at all, it's for work," she said.

Richards likes social media and thinks it adds to the dialogue. She likes face-to-face communication, but thinks with social media you can pick up a lot of information.

Fellow business professor Ed Dansereau teaches a course called Social Media Marketing. Dansereau uses all the big platforms of social media like Facebook, Twitter, YouTube, and a few others.

"I think social media is fun. From a professional standpoint, I think it's different from regular marketing," said Dansereau, who added that he uses social media for personal and work related reasons as well.

"With a traditional ad you're kind of broadcasting it. With social media, you have to be more human and interrelate with people. I think it's a cool twist," said Dansereau.

Richards and Dansereau shared that they would like to get a course based on social media to fit into the Social and Behavior Understanding frame.

"It would go with other communication classes because it's the more current way of communicating," said Richards.

PETER VAUGHN/CASTLETON SPARTAN

Members of the Faith for Life Church get closer to the Lord through music in Jeffords Hall Sunday.

Faith comes to Jeffords

By Lacy Parmenter
Castleton Spartan

The academic buildings on campus are associated with students from various majors. Woodruff Hall has business students and Stafford is known for those studying education, mathematics and nursing.

But while Jeffords is known as the science building, on Sunday mornings, its auditorium becomes a sanctuary of the Lord.

Members of Faith for Life, a local church group associated with the Southern Baptist Convention, gather into Jeffords Auditorium for their weekly service.

The church group was growing and there just wasn't enough room for them in their so-called "office," located behind Birdseye Diner on Mechanic Street.

"I was driving around when I saw one of the university's event signs out on the street and I thought, hmmm, the school would be a good place to move to," said Pastor Brandon Rogers.

"We started at the office location in October of 2014 and made the move into Jeffords in June of 2015. We outgrew the building quickly," said Rhiannon Barnett, the Collegiate Missionary for the church.

Before Faith for Life moved to Jeffords Auditorium, members knew they wanted to stay in Castleton because that's who they're there to reach: the community and the campus.

The church consist of 35 to 40 adults and about 10 kids, Rogers said.

"We got in touch with Lori Phillips, and she started showing us places around campus. Then we found Jeffords," said Barnett.

Faith for Life has even been able to reach out and include students and faculty.

Before his time with Faith for Life, sophomore Ryan Mulder was used to his church back at home in Canada that consists of 500 members.

"It's totally different, but it's nice. It's very quaint and personable; you get an intimate setting," said Mulder.

In his freshman year, Mulder knew that he wanted to join a local church. He started looking more into it and found flyers around campus this year. Without a car, he was looking for somewhere close.

"It's very convenient," said Mulder.

After one visit, he's been there ever since.

Also a regular is Academic Dean Tony Peffer.

"It's very casual and good mix of college students, teenagers, older people, and with kids," said Peffer.

"It's a great environment … because there are no bad seats," Peffer said with a giggle.

According to Gallup, a research-based consulting company, Vermont is the most non-religious state in America.

"My experience with Vermont is often different than its image. I don't know about percentages, but I know a whole lot of people who go to church and who are people of faith," said Peffer.

PETER VAUGHN / CASTLETON SPARTAN

Pastor Brandon Rogers preaches to the Faith for Life congregation.

Faith for Life is trying to start another church in Hubbardton.

"We strongly believe in church planting where we keep growing and starting new churches," said Rogers. "I would like to extend an invitation to the college campus. Anyone is welcome.

"We usually have beverages and snacks before the service starts. So anyone that would like to come and introduce themselves before; I would love that."

Couples share how they keep love alive

Chris Riordan
Spartan Contributor

"He's honest and upfront; the man's farting in front of me the moment I met him,'" Jamie Bentley said as the room erupted in laughter.

The comment from Castleton University's coordinator of Campus Wellness Education was just one of countless hilarious exchanges that came out of the "Every Couple Has a Story" panel on Feb. 10.

This annual event is held in the Alumni Room of the Huden Dining Hall sponsored by Director of the Wellness Center Martha Coulter and Amy Bremel of Campus Life.

"This is our favorite event of the whole year," Coulter said with a big smile on her face. "So many students say to us 'I don't know what a healthy relationship looks like,' so we decided, well why don't we actually find some couples who seem really healthy and happy, and students can see how couples meet, how they determine who the person is that's right for them, how they keep the excitement going, and how they meet challenges," Coulter said.

That's when Bremel piped up and added "The panelist are the ones that get the most out of it though."

When asked how they met, every couple had a unique story to tell.

Brad Hunt, a professor in the Criminal Justice department at Castleton and his wife Ceil president of the Castleton Alumni Association say they met in 1979.

"He was a friend of my roommate" Ceil said.

Only six weeks after meeting, Ceil said she had a breast tumor removed – and Brad took care of her. The tumor was later found to not be cancerous, but Ceil was impressed with how Brad helped her through the ordeal.

"That's when I knew, you know, that somebody who would come and clean out the wounds and address bandages, I knew he was a great guy then," she said.

Rich Cowden, director of the Fine Arts Center, and his wife, Jessica, the Soundings director, had a wild story about how they met.

Jessica had watched Rich at a stage performance when she was 13 and fell in love with him as a little girl crush. Years later, the two started spending time together as friends. Jessica and her girlfriend and Rich and his ex-wife would hang out together, and as more years passed they eventually fell in love

"The universe put us together," Jessica said, to which Rich replied "I lost who I was and she reminded me who I am."

And on a funnier note, Jessica said before their wedding her mother found a list Jessica made of men she was in love with when she was 13. Rich was number 12 on the list. Rich then raised his hand in victory as the crowd erupted into laughter.

ASHLEY CALLAN/CASTLETON SPARTAN

Faculty members and their significant others share how they've been able to keep their relationships strong at the "Every Couple has a Story" event.

Andy Weinberg, a physical education professor, and his wife, Sloan, a second-grade teacher, were asked to use five words to describe how they met.

"She said 'let's make out,'" Andy said. After the laughter quieted down, his wife replied, "I'll just say co-ed dorm."

Marissa Francis, a Castleton alum, and her fiancé, Katy Hannah, a recent Castleton graduate, said they met through summer camp as counselors.

"I'm straight. I thought I should not have these feelings, but she was such a kind-hearted person. She is the best person I have ever met in my whole life," Francis said, choking up, about to shed a tear.

Bentley, the health educator, and her husband Andrew Bentley, a professor at Green Mountain College, met while Jamie was at undergrad college

"He was sort of my supervisor," she said with an embarrassed voice.

But the whole panel wasn't just about lovey dovey advice. In fact some was quite the opposite.

"Fighting is an important part of a relationship, but making up is just as important," Andrew Bentley said, to which Jessica Cowden replied, "you fight as grown-ups and you listen, and the common goal is to make up."

Members of the audience seemed to love the honesty and the event as a whole.

"Being in college, and having the whole hook-up culture, it's nice to see people that met in college and stayed together," student Alaina Heisler said.

Career Fair offers countless opportunities

By Catherine Twing
Castleton Spartan

Looking for a job or internship, or just interested in getting experience talking with recruiters and future employers? Look no further than Castleton's Annual Spring Career Fair.

Held in Glenbrook Gymnasium on campus once again, the career fair will take place on March 21 from 11:30 a.m. to 2 p.m.

"Recruiters love coming here," said Director of Career Services Renee Beaupre White. "They feel very welcomed and they love our university."

At the moment there are about 50 organizations scheduled to attend, all with open positions and recruiters eager to talk with students, Beaupre White said.

Hiring companies include Liberty Mutual, Midway Oil Corporation, Porter Medical Center, the Vermont Country Store, VNA of Chittenden and Grande Isle Counties, Windham Southeast Supervisory Union, YMCA Camp Chingachgook, Sherwin Williams, Umiak Outdoor Outfitters and many more.

There will also be several alumni representatives in attendance, according to Beaupre White

Along with the companies looking for employees, there are also organizations offering internships, graduate schools and volunteer service opportunities such as Peace Corps, Americorps and City Year.

"All students are welcomed and encouraged to come; it's not just for juniors and seniors," said Beaupre White. "Come with resumes. It's a great opportunity to network and get comfortable talking with recruiters."

Junior Marissa Langley, a Career Services Intern working solely on the career fair at the moment, has attended the event for the past two years and knows how beneficial it can be for younger students.

"The most important thing for underclassmen is the networking and learning to speak with recruiters," she said. "There are so many different tables that I stopped at that I never thought had anything to do with what I want to do… but when I stopped to talk with them, they offer a lot of internships for business majors."

Langley is also a great example of how internships help students become more comfortable doing day-to-day business tasks.

"I've gotten way more confident corresponding with people I don't really know, because I'm sending emails back and forth ordering mugs and those things," she said.

Langley and Beaupre White also emphasized the importance of gaining confidence speaking with potential employers because verbal communication is the number one skill employers look for.

New this year, students can go on the career services portion of the Castleton website to find out which companies are attending and see which ones are hiring students in their majors before they even get to the fair. Companies can RSVP until March 11, so that feature won't be up until about a week before the event, Beaupre White said.

All students should stop by the fair for professional Linked-In photos, door prizes, massages courtesy of the Athletic Training Department, and popcorn from the Alumni Association.

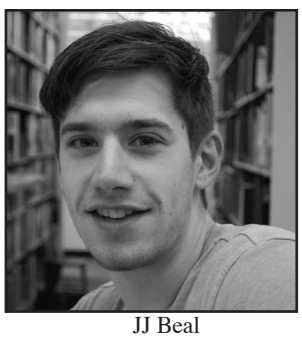
Woman on the street

Sara Novenstern

Question: Are you afraid of an ISIS attack on U.S. soil?

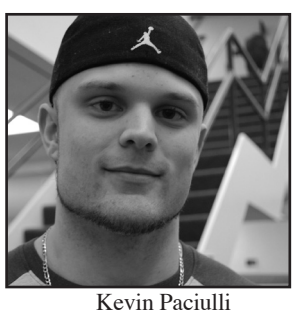
Francesca Iscbucci

"Not very afraid of that. We have a lot of protection in the United States so that will hopefully take care of it."



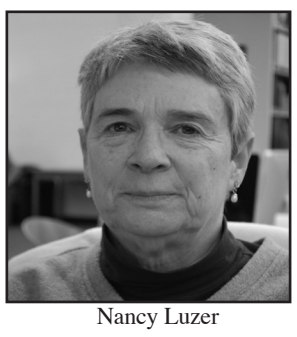
JJ Beal

"It's not one of those things that bothers me every day, but I've come to the realization that in today's society that it is a complete possibility that that could happen."



Kevin Paciulli

"Not scared at all."

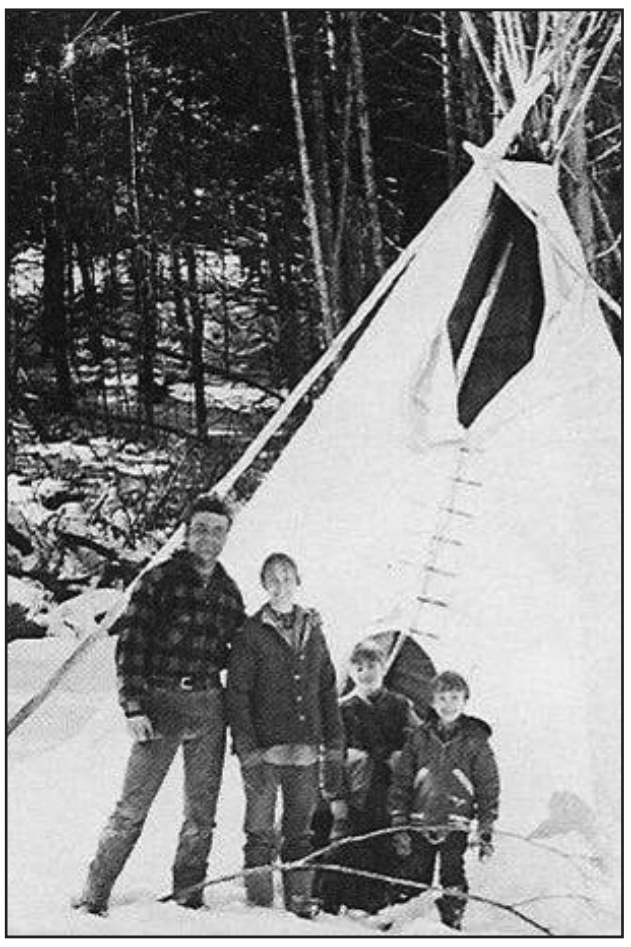


Nancy Luzer

"Moderately – it's not something that keeps me up at night."

Zach Devoid

"I'm only afraid of Isis attacking America if Donald Trump is elected president."



PHOTOS COURTESY OF JOSH HARDT

Castleton professor Josh Hardt grew up in a teepee, above left. Hardt, above right, rests in an outdoor shelter, and snowboards in the back-country.

From wild to society

Castleton professor teaches outdoor survival techniques

By Peter Kazakis
Castleton Spartan

He was supposed to be "Bear Grylls." He was also interviewed for other TV shows like "Alaskan Frontier." The entertaining part is, he wasn't the best-trained TV personality during auditions to secure the roles.

Maybe it was because this real-life survivalist chooses not to even own a TV.

But Castleton professor Josh Hardt truly is something from a reality show, a reality that the majority of us could barely even fathom.

From the age of 3 to his late teens, Hardt was raised with no electricity, out in the wilderness. His father was in the U.S. Special Forces, specializing in Arctic Survival. His mother was a post-Woodstock woman who was very educated in medicinal plants and botanics.

When his parents had children, they bought a large tract of land in Vermont, and raised Hardt and his brother "as close to the natural world as possible."

That meant living in a tepee, or at one point in a fishing shanty. Hardt would eat meals cooked over a campfire and was home-schooled until he enrolled in a Vermont public high school for ninth grade.

"It sounds really romantic, and there were parts that were. But I think as a whole, it gave me an outset that I'm really proud of ... but on the same token, it was really rugged. It was really hard," he said.

It's hard to imagine, and while a once "feral" Hardt maintains "it has given me so much," introducing himself back into society in high school was no easy thing for the outdoorsman.

Although Castleton students think Hardt is inspiring when he teaches many outdoor education courses, a younger Hardt had a hard-time making friends when he was finally allowed to attend a public school in ninth grade.

Can you imagine trying to make friends when your classmates find out you use an outhouse? Even worse, Hardt's high school peers would find it more outlandish that he didn't even have a shower at home.

"It was really hard, because I was a weirdo. Kids didn't believe me when I told them how I grew up and lived," he said.

To the point of embarrassing himself, the young Hardt worked hard to incorporate himself into modern society, into the culture of his high school. But fitting in is hard when your family lives in the woods.

"I wanted a basketball hoop and cable TV, and I didn't have it."

Eventually, Hardt's parents built a cabin. And eventually, Hardt would become a successful professional in the field of education. More so, Hardt would be forever equipped with a skill-set that would define him as a person.

When asked about the horrors of growing up in the wild, Hardt laughs.

"That's what's so unique, I wasn't afraid in the woods. What was harder was to incorporate myself into a very fast-changing modern society," he said.

Although he lived only a half-hour outside Middlebury, home and home school for Hardt was nothing ordinary.

While living in the woods had its difficulties, Hardt laughs as he reminisces about his childhood adventures. Very quickly, a young Hardt figured out that "we had these skills that other people really didn't have."

Hardt, who was considered for reality TV shows, loves to be outdoors in all seasons.

He and his brother would make camp off in the woods, a short distance from where they had scouted college kids camping.

"We'd set our own camps off in the woods, watching college kids partying and being like 'oh that's what people do!'" Hardt said chuckling. "We were these little bush-children."

The college partiers wouldn't even know they were being watched, Hardt said. He and his brother "would strip down to loin clothes, light arrows on fire and run through a camp with blood-curling screams," stealing beers and sandwiches while the shocked campers were horrified and startled.

College kids "would be screaming," and the Hardt brothers would be running off back to their camp with hands full of drinks and snacks.

"We eventually realized that we were pushing the envelope and stopped raiding college camps. It was fun," he said.

Plato once said that real courage is knowing what not to fear. But Hardt says that there is a certain aspect of the woods he does fear.

"When it comes to the quote un-quote 'nasties' and 'heebeejeebees' in the woods, those don't bother me," he said.

But he quickly said ticks are another story. Hardt preaches to students in his classes about the dangers of ticks.

"The tick has caused me lots of troubles in my life," he said.

Spending countless nights sleeping in the dirt, Hardt recounts how he would "pull them out of myself all the time." In his late 20s, the current Castleton professor started getting some "real serious health issues." Hardt is living with chronic Lyme disease, but has it under control now with medication.

"People like to inflame the potential for dangerous animals, etcetera, but indeed, ticks are a serious issue," he said.

Hardt loves to teach what he grew up learning. Not only does he teach at a post-secondary level, he founded and runs a high school based around the natural world, here in Vermont. He is the Wilderness Education Coordinator, running a subsidiary program with Otter Valley High School.

"I've been given the freedom to teach in a holistic manner, teaching science, philosophy, math, English, etcetera via the catalyst of nature and adventure. And what have I found, much to the chagrin of some, is that students are extremely responsive," he said.

Hardt also adds that his school is not for at-risk youths, "even though those programs are great too and I've done a lot of that. These kids are from all walks of life."

And Hardt has a philosophical opinion on just how quickly life is changing for modern Americans, and others growing up in developed countries. He doesn't believe the way children are being raised today is conducive to a holistic human being.

"I think, and I don't think it's just Vermont, we've become very good at justifying our behavior, and saying we're increasingly green or environmentally conscious ... But I don't see that."

Hardt thinks our "pseudo-plastic world" is rapidly drifting further and further away from "really the cradle of civilization," nature.

"And that, in the end, will be detrimental to society, which I think we've already seen, but it is also detrimental to the natural world," he said.

In class at Castleton, Hardt will ask his students how many care about the environment, and every student will raise their hand.

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Do we really have a democracy in the U.S.?

By Peter Kazakis
Castleton Spartan

The United States finds itself in its 58th presidential election, and popular candidates such as Donald Trump and Bernie Sanders are vying to capture the nominations of U.S. citizens. In a democracy, the citizens would vote the president directly into office.

However, in the United States, the people do not actually have the final say in the matter.

"It's one of the great fallacies of America. The total popular vote means nothing, because the reality is that each state chooses electors for the Electoral College; it's not until the members of the Electoral College cast their votes that we have a president," explained Castleton professor Bill Wiles.

When President George W. Bush was chosen by the Electoral College to be the 43rd U.S. president, the Supreme Court approved of Bush's win — even though 500,000 more U.S. citizens voted for Al Gore.

When a candidate with half a million fewer votes wins an election, do we really have a democracy?

While two Castleton English professors admit that the U.S. political system may not be perfect, both Dennis Shramek and Chris Boettcher are unsure if a change to the system is what they would want. Asked if they thought a change allowing the popular vote to determine the presidency would be better for the country, both expressed concern toward unforeseen implications of such a democratic change.

"I would need to find out more about these implications before I would want to change the current system," said Shramek.

Fellow English professor Joyce Thomas once joked that "Kanye West would become president" if the U.S. population was allowed to directly vote a candidate into presidency. And these perspectives may make sense. What if the people don't know what's best for them, or who would be best to lead their country?

In a 2015 Washington Post article, Eugene Volokh argued that the United States is both a democracy AND a republic. It seems like a contradiction to say a country could be two fundamentally different types of government at once. But when the question was brought to the head of political science at Castleton, a firm answer was given in return.

"We are a democratic republic," says professor Rich Clark, pointing out that the popular vote and the decision from the Electoral College has only ever disagreed twice.

But is twice too many times, when the president that the people chose was not given office? Would Gore have made better decisions than Bush?

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International films come to Castleton

By Callie Ginter
Castleton Spartan

Whether you're attending strictly as a Soundings student, enjoying a free movie, or are a sucker for French films, the third-annual Castleton International Film Festival is not something you want to blow off or, "give the rake," as the French say. (Se prendre un râteau).

Film studies professor Michael Talbott will feature French language films with various nationalities and genres ranging from political thriller, to sci-fi romance, to a poetic realist film.

The festival will kick off with associate professor Gail Regan introducing the first film, "Girlhood" which is also a Soundings event, followed by professor Sanjukta Ghosh introducing the second film, "Timbuk2."

Talbott explained that he hosts these film festivals every year, regardless of the hard work and planning that goes into it, because it needs to happen.

"It's a lot of work, a couple dozen hours for each festival gets put into it … it's a lot of work, but it's worth it," Talbott said. "Films like this aren't shown around here, so this is great! This is the only way to see films like this in a communal environment. And I feel like a big part of watching movies is learning to watch them as a part of a community and there's a fear that that will get lost because everyone watches things alone now."

Rutland resident Martha Molnar has been a regular attendee since the festivals began and comes for some of the same reasons: the big screen and comfortable free seats, the conversation unpacking the context of the film before and after screenings, and because she simply enjoys them.

"These are films that I wouldn't know about. They don't come up on Netflix, and I wouldn't choose to see them honestly. They are put into context before they are shown and the discussion after is very helpful … and it's nice watching it with other people," Molnar said.

Freshman Martin VanBuren is "stickler" for French films and is eager for the festival.

"Especially black and white french films, so I will probably be most excited to see "Le jour se lève" (Daybreak). However, there is a good chance I'll go to see most of the other films as well. I think pushing myself outside of black and white French films would be good for me," VanBuren said.

"There is a certain aspect of French cinema that I really love; the stories are always engaging for an audience, and the outline of the film does not follow traditional Hollywood films. They are also unpredictable; I haven't seen a French film in which my prediction of the ending has come true. There is somewhat of a thrill of not knowing what the hell is going in a film; it just makes me think harder to understand what is going on. I think there is some value in going to see a film that isn't in English, because the real world is filled with other languages that we should get to know," VanBuren said.

But there are other reasons why Van Buren will be in the audience.

"To start, I have to go for class," he said. "However, I really love French films and it isn't everyday that I get to go sit in a theater-environment and watch something (for free nonetheless)," VanBuren said.

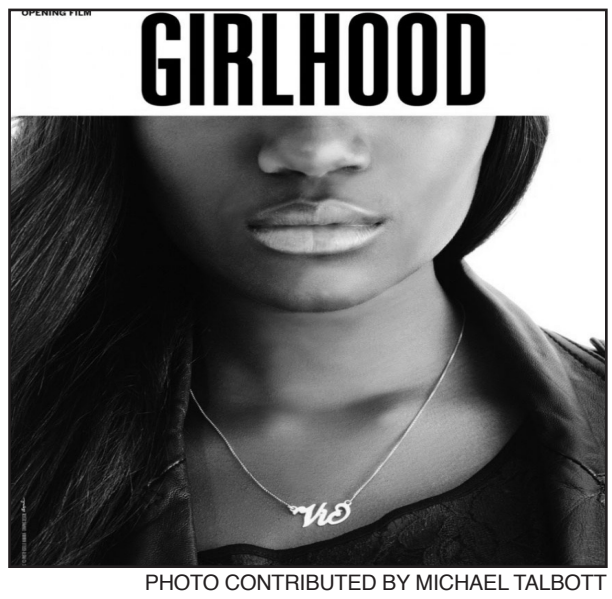


PHOTO CONTRIBUTED BY MICHAEL TALBOTT

The festival will be held on Tuesdays and Thursdays at 6:30 p.m. starting on March 1 with all screenings free and open to the public. And the festivals are likely to keep coming.

"I will keep doing it as long as we need to have that around here," Talbott said.

Drew's Reviews: EVOL is another new one to love

By Drew Hersom
Castleon Spartan

Famous Atlanta producer and Future's longtime collaborator, Southside, announced last year in an XXL Magazine interview that the rapper has nine projects finished and ready to be released in 2016 – making last month's mixtape title, Purple Reign, ring especially prophetic. Mathematically, the Freeband Gang president would have to drop a project every month and a half to meet his quota; yet it still feels odd for him to be unveiling a new album so soon after Purple Reign. While fans have been reassured that the quantity of output doesn't indicate a drop in quality, it will soon become difficult for them to differentiate Future projects if he doesn't start rapping over different soundscapes. His releases from 2015 captured a specific vibe or feeling that set them apart from each other. EVOL's tone doesn't differ dramatically enough from previous projects to carve its own niche sound into the Future canon.

Metro Boomin and Southside reprise their roles as the producers of the majority of material on EVOL – a large contributing factor to the mild stagnation affecting this project. Future has just gotten very good at being Future, churning out his music as a product of consistent quality without concerning himself with constant reinvention. The only other voice present on the tape besides Future is the Weeknd, who lends his vocals to a memorable verse and chorus on the late-album highlight "Low Life." The later-half of the album holds all of the best material too. Pre-release single "Fly Sh*t Only" closes the album for some reason, and the most obvious hit on the album, "Seven Rings" is held off until after the halfway point. It seems like in an effort to get quality material out quickly Future and his production team are skimping over certain parts of the process, like working out sequencing and track list order.

If there truly are eight, or even seven, more Future releases scheduled for 2016, then the artist should consider investing more effort into compiling his tracks into cohesive projects. Future does a range of styles very well, but it can sound a little disjointed when he uses all of them on a single release. If some of the more down-tuned music on this project had been released alongside the more somber cuts on Purple Reign, and the hype, party tracks were pushed together, then Future may have had two, much more cohesive projects under his belt.

Barbie gets real

By Sara Harrison
Castleton Spartan

Skinny, big boobs and perfect blonde hair are just some of the ways you could describe a Barbie doll – but not anymore.

On Jan. 28, Mattel Toy Co. released a new line of Barbie dolls to include tall, petite, and curvy figures. The new line also added new skin tones, eye-colors, hair-colors and hairstyles.

In an article in USA Today, Senior Vice President of Mattel Evelyn Mazzocco said, "We believe we have a responsibility to girls and parents to reflect a broader view of beauty."

Barbie dolls have typically been criticized for their unrealistic beauty standards that are portrayed to young girls. Mattel's new 'real size' Barbie's are an attempt to represent a more diverse range of beauty.

Castleton Social work student Cassandra Pitts is thrilled with the new line.

"It's about time Barbie had a doll that reflects a wider range of women," she said.

However, some still believe Barbie has a long way to go to reach true diversification.

"They [Mattel] have not gotten away from the standard," said Sanjukta Ghosh, professor of communication and Women's and Gender Studies

In a blog for yourtango.com, Sheila Hageman also voiced her concerns about Barbie's new additions.
"Mattel's 'Curvy' doll is still an idealized female stereotype," Hageman said.

Another complaint is Mattel's blind eye to unrealistic male beauty standards.

" Why haven't they made a new Ken doll? Not every guy has six-pack abs," Castleton exercise science student Logan Seamans said.

Melinda Mills, coordinator of the Women's and Gender Studies program at Castleton, while pleased with the 'real size' dolls, desires something more.

"What I would really like to see is a society that encourages and embraces this diversity in real people, who are able to feel good about and love themselves as they already are," Mills said.

While highly anticipated, there's no hiding that the new Barbie doll has fallen short of expectation.

"Woman are skinny, curvy, plump, fat and everything in-between. We aren't white or black – we're every shade imaginable. We can't be categorized neatly. We don't want to be placed into figurative cardboard boxes," Hageman said.

Will you win the 'Game of Life?'

By Shannon Fischer
Castleton Spartan

Your head shakes in disbelief as your fingers roam through the stack of cash that you've worked so hard to earn, knowing that by the end of the day the cash will be non-existent until your next paycheck. After graduating college, you didn't think your expenses would be so tight.

What if you knew how to manage your money and could improve your financial literacy, so you could enjoy some of that hard-earned cash? On March 23, Career Services will hold an event called the "Game of Life". Students get to pick a career with an average starting salary, and fill out budget sheets with likely monthly expenses. After filling out the sheets students will see whether they lost money or not during this period, and hopefully gain a better understanding of the financials they will face post college.

This will be the second year that this event will take place, and students should take the initiative to face the potential financial hardships that will arise in their future.

Kathleen Haseltine, from the Academic Support Center, gave insight on the event and the importance of it.

"It's a financial literacy fair. It's called the game of life because it resembles the "Game of Life". Students get their own budget based on their major or future career. Then they meet with a financial counselor and if it comes up negative they have to do it again," Haseltine said.

She continued to talk about how the event came to Castleton, and why students should attend.

"This event is sponsored by Heritage Credit Union, and it's been across the state for a while. It will be our second time doing it but we hope to make it annual at Castleton. Last year was the first year, but this year we made some changes. There will be three different time slots that students can arrive. There will also be pizza and drinks at the end. This event heightens the awareness that students will have after college. It will make them more realistic after college and smarter with their money so they can afford living on their own," Haseltine said.

This event had an overwhelming impact on the students and many hope it will continue annually.

Senior Matt Levins described what the Game of Life event taught him.

"The event taught me the importance of budgeting, as well as the idea that often times as a culture we tend to overspend on things," he said.

He continued to mention how the event is helpful toward the student body as a whole.

"I had a pretty good idea on the reality of the 'real' world prior to going in as I currently pay most of my bills, but the event also threw curveballs at attendees such as car troubles, tickets, etc…thus forcing attendees to re-budget," Levins said.

Other students had similar views on the concept of the event, and think it is a valuable asset for college students before entering the outside world.

"This event taught me how I need to actually plan for the future and budget my spending. I think this was a valuable event that really opened my eyes and I would definitely like to see it continued as it is beneficial to students," said sophomore Micaela Gailmor.

Sophomore Kiley Baran also thought the event was worthwhile.

"It taught me to look into things rather than making purchases right away. It makes you think beyond your college years. It helps you realize what financial situations will arise in your future," Baran said.

Deadpool: A movie to die for

By Jimmy Britt
Castleton Spartan

We live in a really cool time for cinema. We have all these different movies, both big budget and independent. But the most popular, and some of the coolest, are comic book movies. Most are similar, but "Deadpool" stands out from the crowd.

For those who are unfamiliar with the Marvel character, Deadpool is an anti-hero who has a raunchy sense of humor, healing powers like Wolverine, cancer all over his body that he can't cure, and he's crazy. Oh-he also likes to break the fourth wall at the best times.

Unlike the combination of iterations in his first appearance in "X-Men Origins: Wolverine," Deadpool in his self-titled movie is what all fans wanted to see: A mercenary with a mouth who gives no shits.

From the very beginning of the movie, we see classic Deadpool humor, like replacing all the open credit names with things like "British Villain" and "Obligatory Cameo." From there the film jumps a little back and forth on the timeline of the film, but it works well. I honestly like that it didn't have a linear timeline. Not every story has to start in the beginning, and it's always good to go back to where it began.

What was interesting to see was how Wade Wilson became Deadpool. We see a former mercenary turned hired muscle to help those who need it. He finds the love of his life, but when he learns his body is riddled with cancer he takes the only option he has: To be part of a scientific experiment that would heal him and give him powers.

When it backfires and causes more harm than good, Wade becomes Deadpool in order to kill the man who did this to him, Ajax or Francis (his real name). The rest of the film is Deadpool and "friends" trying to not only find Francis, but to rescue Deadpool's love interest from Francis. Man, Francis is just a bad guy.

Though these things are good, it's the odd and dirty humor that happens within the dialogue of the story that makes Deadpool, Deadpool. It's that silly and weird flair that makes this film perfect in my mind. Like when he cuts off his hand to escape from handcuffs and his hand grows back, but it grows back as a baby hand first. That's just freaking funny.

But I better wrap this up before Deadpool decides to do something crazy and rewrite this. "Deadpool" is a great movie and if you love raunchy humor and action go see it, but not with your parents, or children or any person who you don't want to know that you're a weird person.

Mental health services have increased

By Elisabeth Waller
Castleton Spartan

Six years ago Castleton University had one mental health counselor. It now has one full-time counselor, two graduate intern counselors and two counselors who come to the university from Rutland almost every day of the week.

Martha Coulter, the director of the Wellness Center, is the full-time counselor on campus and she said there was a need for more help.

"We've had a great increase in the number of students seeking services," she said.

In the 2007-2008 academic year, the wellness center saw 125 students for counseling. In the 2014-2015 academic year that number increased to 260 students. Coulter said that this increase corresponds a national increase among schools.

According to the 2014 National College Health Assessment, there's been an increase of 29.6 percent in students seeking counseling but only a 5.6 percent increase in the number of students enrolled.

"We've got some students who are significantly distressed. We really match the national trends in that we do have a high degree of students who are feeling depressed and anxious, but we're no higher than the rest of the country," she said.

One of the goals of the Wellness Center has been to educate students about mental health and the services that are available.

"I feel like if I did have issues or I knew somebody who did, I could go and guide them in the right way or go there myself," said senior communication student Jimmy Britt. "I feel like I understand the system here and I think it works well."

The center has also trained 150 students who are part of the student support network. The training helps students to recognize when peers may be having difficulties and to support them in getting help.

And in an informal survey, eight out of 10 students said they are well aware of the services on campus.

"I think people are aware that it's normal to seek assistance and support … People can recognize when there's an issue and help people to get to a place where they can see a counselor," Coulter said.

Castleton also has a support team of faculty and staff who are available for teachers to notify if there is a concern about a particular student. The team figures out who is the best person to contact the student and what the best course of action is.

"The genius in it is bringing all these people together so they can compare notes and figure out how to help students early and have a positive impact," said Academic Dean Tony Peffer.

According to Peffer, the university's retention rate has increased by 5 percent since the support team was implemented.

According to Coulter, the findings of the national study were that the demand for counseling has increased because people are feeling more comfortable seeking help.

"I think students are feeling more free in asking for assistance … The great news is that students are coming in for counseling," Coulter said.

Professor Hardt almost 'Bear Grylls'

Coninued From Page 4

"And I do believe they do care, and that's a really beautiful thing to me, and then I'll ask how many of them can name 10 species of trees around our campus, and maybe only one or two students can do that. But if I ask how many students can download a PDF document on their smartphone, they all raise their hand," he said.

Aldo Leopold was an American author, scientist, ecologist, forester, conservationist and environmentalist. Hardt says his favorite Leopold quote is "one of the biggest rifts with not being a farmer is that one believes that heat comes from a furnace and that breakfast comes from a grocery store."

"And that's what I'm talking about, it doesn't!" Hardt said emphatically. "The point I'm trying to make is that we're being trained, in society, to believe that the version of success we're supposed to subscribe to is not based on natural intelligence, rather this whole other man-made entity."

Hardt asserts that he does think technology has great value, but that the modern world needs a better balance of nature as well.

"We are being groomed to try and invest very little into something and get a large return. It becomes a skill to be able to manipulate a system, with less than a high level of integrity, but not get caught," theorizes Hardt.

Take one dollar and make it into three dollars? That sounds very business-savvy.

"The beauty is that the natural world doesn't prescribe to any of that. And when we reduce ourselves to our lowest means, we really find out what's in our hearts, what's in our souls, and to me there is no experience more freeing, no experience out there that makes me feel more alive, than succeeding in the natural world.

"It doesn't mean it's comfortable, but it's needed. A real feeling of liberty, accomplishment, and being a apart of something that's so much bigger than us."

One minute and 23 seconds

Students suprised by fast Public Safety response time

Continued From Page 1

"I'm honestly surprised it was so fast. I wouldn't press a blue light button if I didn't feel safe, I just don't think it will always be like that. He must have been very close to the location because I'm confident that it would take like at least 10 minutes normally," said junior Aminah Orogi.

Molinari has hopes for the future, and updating the technology, stating that he knows the blue lights are not the newest thing, and there are better ways to keep the campus safe.

Rave and 911Cellular are apps on phones that can serve the same purpose as blue lights. These apps have IPS, or an indoor positioning system. This serves as a more precise GPS, so it would be possible to pinpoint the room on campus the alert is coming from.

Many campuses use these apps already, and Molinari feels it is not out of reach for Castleton, but is only merely being talked about right now.

Some students are still skeptical.

"I'm honestly surprised they had time to respond to the call with all the tickets they write," said LeeAnn Senecal.

Public Safety has taken measures in the last few years to make the campus safer, including a radio frequency with the Castleton PD. Their radios act as phones, so when there is no one at the dispatch desk, the call is forwarded directly to an officer.

Overall, most students feel safe on campus.

"I've never felt unsafe on campus," said Kristi Lachar.

Molinari feels the same way.

"Since I've been here, there has only been one blue light emergency. It was during the summer and an elderly person fell on the sidewalk and pressed the button. No students have had an emergency, but we treat every call as if there is one," Molinari said.

ELISABETH WALLER / CASTLETON SPARTAN

Dean of Entrepreneurial Programs, Lyle Jepson and Sara Gilberte at a Rutland Young Professionals mixer.

True democracy is a thing of the past

Continued From Page 4

Clark expressed that the term "democracy" has been used differently throughout history, and noted that politicians have long bent the specific definition of what a "true democracy" once meant. A true democracy would mean the citizens vote on the decision of every law, and every professor interviewed said that such a true democracy, in modern America, would lead to chaos.

"I am absolutely opposed to a total democracy. All you have to do to see what that would produce is go on Facebook or Twitter," Wiles said.

He also pointed out that the votes from a state like Vermont would barely matter in a true democracy, as our state lacks a large population in comparison with other states.

American citizens do get to directly vote in their state senators, which is a big splash of democracy that compliments the U.S. republic, thanks to the 17th amendment. Before, the selection of senators and presidents both were not in the hands of citizens.

Senior Jake Stafford has mixed views on U.S. politics and the current election campaign.

"The current system was put in place for a reason: the population may make an ill-informed or ignorant decision. The problem is, if the informed people who run the government have maligned views, you get an election where the president selected is not in the best interests of the people," he said.

A major study conducted by professors from Princeton and Northwestern universities in 2014 argued that the United States, by the numbers, appears to be more like an oligarchy or a plutocracy, than a democratic republic.

The report, titled "Testing Theories of American Politics: Elites, Interest Groups, and Average Citizens," concluded that "economic elites and organized groups representing business interests have substantial independent impacts on U.S. government policy, while mass-based interest groups and average citizens have little to no independent influence."

The report continued to argue, through data collected examining nearly 1,800 enacted U.S. policies from 1981 to 2002, that "when a majority of citizens disagrees with economic elites and/or organized interests, they [the citizens] generally lose."

Clark, however, suggested it was a biased study, regarding "what they chose to measure."

CU merges with Rutland

By Elisabeth Waller
Castleton Spartan

Castleton University has proven it's very invested in the economic development of the Rutland region. There are secondary locations for five of the university's offices located at Castleton Downtown on Merchants Row. The school has two separate galleries downtown, shares office space with the Rutland Young Professionals and as of January, is the executive director of the Rutland Economic Development Corporation.

One of the first offices to get a second location in Rutland was the Center for Community Engagement. Chrispin White is the director and helps students find internships and volunteer opportunities in the area.

He says Rutland area businesses have good jobs available but are having trouble finding qualified people to fill them.

"One of the beautiful things about being down here is … to find out what the jobs are and making sure that our students are familiar with these opportunities," White said.

White said that once these students get their foot in the door of an internship, they can learn and grow within the company. Local internships and volunteer positions give students the opportunity to stay in the area and for local businesses to meet their employment needs.

"We've been trying to help our students gain some experience and hopefully become gainfully employed in this area," White said.

The school's presence took on a much more impressive role than art exhibits at the galleries or even connecting students with internships when it became the executive director of REDC last month.

The Castleton University offices at Castleton Downtown will be combining efforts to advertise local jobs to some 15,000 Castleton University alumni and will be teaming up with other local schools in the future to expand their reach.

Lyle Jepson, dean of Entrepreneurial Programs, is carrying out the job of executive director for the university.

"They approached President Wolk and asked if the university would like to play a role in economic development in the region and already there were a number of things going on, we were already in the area," said Jepson.

Castleton Downtown also houses the Center for Schools, Polling Institute, Small Business Development Center, Rutland Young Professionals, Vermont Procurement Technical Assistance Center, and Castleton classrooms where business classes are held.

The university's efforts combine with those of local businesses that are also working toward greater economic development in the area.

Emma Blaiklock is a social work and sociology junior at CU. She has worked at Castleton Downtown for a year and holds the title of economic development assistant. Her position is supported by Green Mountain Power.

"I actually have fallen in love with Rutland in a weird way and I hope to stay in the area for years," she said.

The Heritage Family Credit Union is also involved. They own the Castleton Downtown building and support the Rutland Young Professionals events along with Castleton University.

"It's a very positive time. The downtown Rutland region hasn't looked this good in years as far as occupancy rates. There's positive things happening and that will continue … We understand that if the university prospers then the area prospers, it's really a symbiotic relationship," said Jepson.

LinkedIn is a necessity for students

By Lacey Parmenter
Castleton Spartan

It's inevitable; college ends, jobs begin and the next chapter of life starts.

College students are learning to network their way through life and the social media site LinkedIn is providing them with employment outlets previously not available. With help from professors and staff at Castleton, they are realizing just how important it is to become "linked in."

Director of Career Services Renée Beaupre White called LinkedIn "an interactive business card." She said, "LinkedIn is being viewed as a professional Facebook."

"LinkedIn is a great way for recruiters to find you. It's a win-win for both the recruiter and the student," said Beaupre White.

Career Services teamed up with the Academic Support Center to host a LinkedIn event on Feb. 25. The workshop provided the opportunity for students to learn about the site and why they should be on it.

Eleven students attended and all were given a LinkedIn profile sheet to get started right away with.

The attendance was down by three people from the last event, but Doe Dahm, the Tutoring & TRIO Communications specialist, was pleased with the outcome.

"I thought it was a good group and that they were engaged," said Dahm.

Beaupre White agreed.

"Students were focused and asked good questions," she said.

Among the 11 students who attended, senior Alexander Denton said he learned a fair amount from the workshop. He did not have a LinkedIn profile before going to it, but had the idea of starting one on the backburner.

"It's very important and I know it's heavily used by employers and corporations. It's steadily rising and LinkedIn is a very useful tool especially for finding internships and future careers," Denton said.

Beaupre White helps many students create their own LinkedIn account outside of the workshop too.

"Lots of students come to me and don't have that much information on how to make one, or they have an account started but they need help finishing it," she said.

Lisa Davis, a senior, created a LinkedIn account with the help of Beaupre White her sophomore year.

"Through my brother, I connected with a recruiter from NBC Universal through LinkedIn and I've had two phone interviews with them. So we'll see what happens," said Davis.

Davis believes that it is super important to have a LinkedIn account.

"It just shows who you know and how you network, and I'm learning that very quickly," said Davis.

Junior Bre Morse created her LinkedIn profile over the February break.

"I'm still in the process, and it's not totally completed. So I plan to go see Renee for some help on finalizing it," said Morse.

The business department is taking the social media site a bit further. Department chair Peg Richards started a LinkedIn group for business administration alumni to meet up with employers. This gives them an opportunity to make connections and land a job.

"I ask all juniors and seniors to get on LinkedIn, create a profile, and join the group," said Richards, who believes that everyone should be on it.

Both Richards and Beaupre White explained that once you apply for a job, employer's start to Google you. If they don't see your LinkedIn profile come up, they are going to wonder why you don't have one.

"If I were the employer and saw that a 22-year-old wasn't on LinkedIn, I would think that's odd. It's a different thing if you're 50 and don't have one; that's normal," said Richards.

When asked about the importance of having a LinkedIn profile, Beaupre White said, "Oh my gosh, it's vital!"

Getting to know Taylor Steadman

ASHLEY CALLAN / CASTLETON SPARTAN

By Jordan Lumsden
Castleton Spartan

Taylor Steadman, a 21-year-old forward on the women's hockey team, is studying to earn a bachelors degree in mathematics with a directed study toward engineering. The senior from Hartford, Vermont has two siblings, an older brother, Cody, and a younger sister, Morgan. Her team-leading 21 points, including 15 goals, helped Castleton women's hockey climb into the national rankings. Steadman transferred to Castleton halfway through her sophomore season from Elmira and has played a key role in the Spartan offense. But who is Taylor Steadman behind the cage?

Q. Which do you prefer; cats or dogs?

A. Dogs! I have two Australian shepherds and a bulldog. The Aussies are super smart. The bulldog isn't too smart, but he's very cute and he sleeps with his tongue out.

Q. What's your favorite goal celebration?

A. I don't have a favorite celebration. I just go with whatever I'm feeling at the moment, but then I look for my teammates to hug. Then we go down the bench and the team sticks out their hands for high fives.

Q. As a kid, did you ever model your game after anyone else's?

A. No, I never really thought of it. I just always played for fun. As a kid, I played hockey with my siblings and I would always try and beat my older brother.

Q. What kind of music do you listen to pre-game?

A. We have a nice stereo system in the locker room and different people DJ on it so I listen to that. I also watch a few motivational videos before I get to the rink.

Q. Who's the best DJ?

A. Everyone is good and I couldn't pick, but I have been getting a lot of my music from Ashley Pelkey.

Q. What's your favorite pregame meal?

A. I always have protein pasta the night before games.

Q. How long have you been playing hockey?

A. I started playing as soon as I could walk. My dad put me on skates then. Hockey is big in my family.

Q. Who is your favorite NHL team?

A. I love the Bruins. I grew up going to the games with my family. We currently aren't the best team in the NHL, but growing up being able to watch the games live was a pretty cool experience. Bruins fans are one of a kind.

Reporter's note: Surprisingly Steadman's least favorite player in the NHL plays for the Bruins, Zdeno Chara.

"I just think a lot of break downs are caused because of him," she said.

ASHLEY CALLAN / CASTLETON SPARTAN

Women's rugby will be one of two new varsity sports added to the Castleton family next fall.

The next level

Women's rugby team to become Division III NCAA team

By Allison L'Esperance
Spartan Contributor

Castleton women's rugby will make the exciting transition from the club level to the varsity ranks next semester.

Deanna Tyson, associate dean for athletics and recreation, sat down with Women's Rugby President Katie Horan and Vice President Missy Dimock to inform them about this team-altering opportunity; the chance to evolve into a Division III NCAA team.

Players are eagerly waiting to get on the field so they can get a head start on next season.

"The team is very excited to get started and are ready to work hard and see what we can accomplish next semester," said Co-Captain Taylor Keramis.

Improvements that come with being varsity sport include having a full-time coach, a strength and conditioning coach, transportation, and access to athletic trainers.

When asked about the transition, Horan believed that it couldn't have come at a better time.

"It's time to grow our program and take Castleton Rugby to the next level. We have all worked so hard for this, and overall. I just am so excited for the opportunity," Horan said.

The women's club team made it to a NERFU women's college rugby playoff game in the fall season of 2015, and was North Eastern division champs in 2012.

According to USA Rugby, there are 15 NCAA women's rugby teams to be expected next fall, with the inclusion of Castleton University. This year there were only 12 NCAA women's rugby teams.

Tyson believes this is a positive change for Castleton. She said the women's team finally will get the accurate reputation she feels the team deserves.

"People have this perception of the rugby team as partiers, but I haven't had that perception just because they have been so successful," she said.

Tyson also said she is excited and looks forward to seeing the women play.

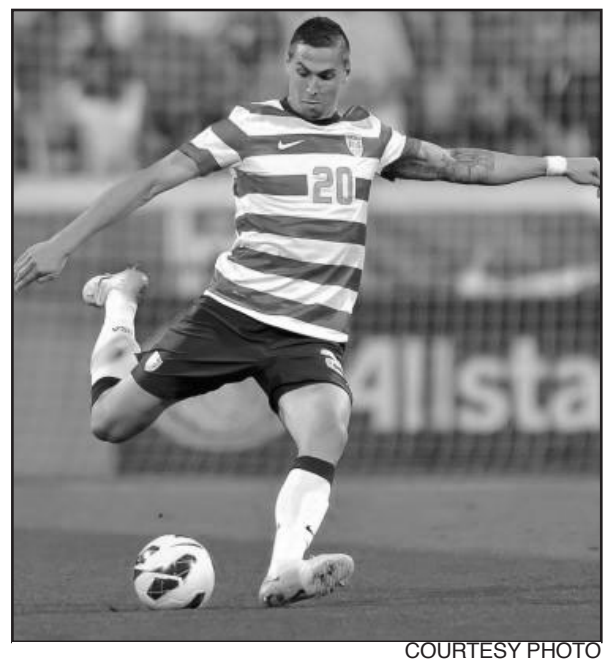
When asked about the future, Tyson expressed hopes in seeing the team continue to evolve and become a serious competitor in the league. With a smile, Tyson admits she would like to see the team beat Castleton's rival, Norwich University.

Rumors circled around campus saying the motivation behind the club team becoming a Division III NCAA varsity sport was due to a Title IX compliance issue.

Tyson denied that there was any conflict between the two and that Castleton has never had an issue with complying. In her office hangs a framed letter from 2007 naming Castleton State College the number one school in the country for compliance with Title IX.

Women's golf, in addition to women's rugby, is also expected to become a varsity level sport next semester. Currently, Castleton University has 26 varsity programs at the NCAA Division III level.

With this exciting transition Horan says that the team fully supports one another, and although this is a big change, the team is "ready to tackle it head on."



COURTESY PHOTO

Geoff Cameron during a match for team USA.

O'Connor coaching greatness

By Seth Wilmott
Spartan Contributor

John O'Connor, head coach of the soccer team at Castleton University has coached his fair share of talent over his years of coaching.

But one player in particular sticks out.

Geoff Cameron, who came to O'Connor during his time at the University of Rhode Island, now plays professionally across the pond in Europe for Stoke City and for the United States national team.

Cameron, before seeking out O'Connor in Rhode Island, played for West Virginia where O'Connor said he felt he was being underutilized.

During his rookie year after college, Cameron played for the Houston Dynamo's in the MLS. While there, he still kept in contact with his old college coach, before then moving to England to play for Stoke City.

O'Connor said Cameron would speak to him a few times a month about how everything was going. When Cameron made his first appearance for the national team, O'Connor said he wasn't going to miss it.

"Seeing him play for the U.S. National Team for the first time was the coolest thing probably ever," O'Connor said.

During the last World Cup in 2014, Cameron started in almost every game for the stars and stripes. Naturally, O'Connor didn't miss a chance to watch the game when one of his own players is playing.

When he sees Cameron playing now at the professional level, he said he still sees the kid who came to him looking for a chance.

"It's surreal to see him play. He still looks the same, just a little more tattooed," O'Connor says with a laugh.

Women fall short of NAC three-peat

COURTESY OF CASTLETON ATHLETICS

Makayla Farrara drives to the basket in a game earlier this season.

By Jordan Lumsden
Castleton Spartan

Kenzie Worcester scored a game-high 22 points, with 12 in the first quarter, to lead the Husson Eagles past the two-time defending North Atlantic Conference Champion Castleton Spartans, 58-49, in a NAC quarterfinal matchup last weekend.

Worcester scored half of her team's points in the first quarter and the Eagles held a 15-point lead, 24-9, after the first frame.

The Spartans were able to erase the early deficit, though. They cut the lead to two points with just over six-and-a-half minutes to play. Lindsey Sabo hit back-to-back buckets, including a 3-pointer, but 45-43 is as close as they'd come to completing the 3-peat.

The Eagles went on a 13-6 scoring drive in the final six minutes to hold off the Spartans and claim their first title since the 2010-11 season.

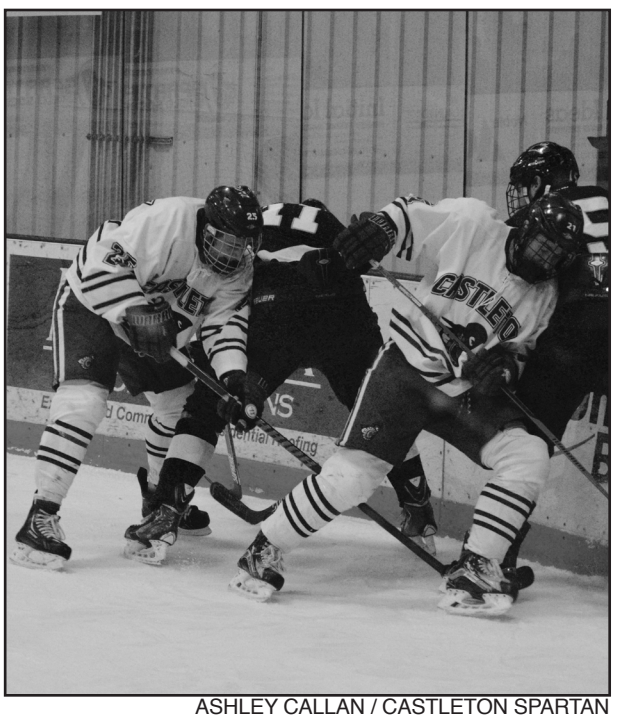
Chandler Guerrette scored 12 points for Husson.

Three Spartans scored in double figures. Bryanna DuPont finished with a team-high 14 points while Sabo and Makayla Farrara both finished with 11 points.

Castleton falls to 21-6 and now awaits their ECAC tournament birth.

Husson improves to 21-6. Both the men and women's team won the NAC Championship this season.

Spartans fall to Cadets in NEHC Quarterfinal



ASHLEY CALLAN / CASTLETON SPARTAN

Fabio Kläy and Brock LaBelle fight for a loose puck against University of New England defenders in their senior day game last month.

By Jordan Lumsden
Castleton Spartan

The Norwich Cadets had four different goal scorers and easily handled the Castleton Spartans, 4-1, in the New England Hockey Conference quarterfinals last month at Kreitzberg Arena in Northfield, Vermont.

Will Laking scored the lone Spartan goal and put his team up 1-0 just before the halfway point of the second period. Castleton set its sights on upsetting its rival for the second straight time this season

The Cadets were able to take the lead halfway through the period on two goals less than two-and-a-half minutes apart.

Austin Evans scored the first to tie the game 1-1 and re-energized the already goal-hungry Cadet forwards. William Pelletier made it 2-1 just two minutes and 26 seconds later on a back-door goal from Alec Brandrup.

Paul Russell and Kevin Salvucci added goals in the third period for the Cadets.

Ryan Mulder recorded 39 saves for Castleton while Braeden Ostepchuk stopped 21 shots for Norwich.

Norwich outshot Castleton 43-22 and 34-14 through two periods. The Cadets also won the majority of face-off opportunities, 36-30.

Castleton finished its season at 8-16-2. Norwich advanced to the NEHC semifinal where they lost to Babson 5-0.

Loss to Husson caps men's hoop season

COURTESY OF CASTLETON ATHLETICS

Edmund Fitzgerlald fights for a rebound in a game against Johnson St.

By Jordan Lumsden
Castleton Spartan

Levi Barnes scored 16 of his game-high 26 points to lead the Thomas Terriers past the Castleton Spartans, 83-65, in a North Atlantic Conference men's basketball quarterfinal matchup late last month.

Adam Carlsen picked up 14 points, all in the first half, to help the Terriers jump out to a commanding first-half lead, 47-29, including an 18-0 run late in the period. Dayne Savage came off the bench for Thomas and scored 14 points.

Castleton responded in the second half, chipping away at Thomas' lead. The Spartans pulled within six, 57-51, after back-to-back 3-pointers from Casey McGraw with just under 10 minutes left to play in the game. McGraw finished with a team-high 17 points and went an impressive 5-6 from behind the arc, but the Spartans couldn't pull off the upset.

Two other Spartans finished in double figures. Tondi Mushandu scored 11 points while Edmund Fitzgerald came off the bench to net 12.

Castleton finished its season at 9-17. Thomas advanced to the semifinal round and fell to Husson, 91-76, finishing their season at 14-13.

The Spartans struggled this season after star-forward Chad Copeland was sidelined with a knee injury.

Spartan Head Coach Paul Culpo put the blame on himself for the sub-par season and not the team's injuries.

"I think every team has injuries and I don't feel it's an excuse," he said.

The Spartans relied on underclassmen Tyler Arsenault and Fitzgerald to move into key roles, but Arsenault was limited, nursing a foot injury from early in the year.

Senior Casey McGraw said despite the disappointing season, he thought the team had a lot of potential in their young players, enough to make a late season push for the NAC title.

"While our record said 9-17, I think we still had a chance at winning it," McGraw said.

Culpo said it was an unsuccessful season and things needed to get better if they are going to improve next season.

"At the end of the day, we didn't get the job done. We lost a lot of games… and the only way to change that is to work hard," Culpo said.

Castleton loses four seniors including Rob Coloutti and McGraw. Coloutti reached 1,000 career points in his four years with the Spartans.

Copeland, also a senior, chose to redshirt the 2015-16 because of his injury and therefore is eligible to play next season. Additional seniors include Paolo Loli and Joshua Horton.

"All are terrific kids and are going to go on and do great things," Culpo said.

ALDEN BISSON / CASTLETON SPARTAN

Athletes from Norwich and Castleton joined together to attack a rockwall for 24-hours. The goal was to raise money for scholarships for BFA-St. Albans students.

Climb for Connor

Alden Bisson
Castleton Spartan

For one day out of the year, bitter in-state rivals put aside their hate and differences, and come together for a greater cause.

The Castleton and Norwich men's lacrosse teams worked side by side for the second annual Climb For Connor event on Feb. 20-21 to help raise money and honor the memory of former Norwich men's lacrosse player Connor Roberts.

The event? A staggering 24-hour rock wall-climbing marathon, where all members of the Castleton men's lacrosse team constantly scaled the wall, showing their support for Connor.

With help from numerous Castleton faculty, staff and students, including President David Wolk, the event saw over 130 different climbers going up and down the wall.

Roberts tragically passed away in June of 2014 from a sudden heart attack following his sophomore year at Norwich. His older brother, Ben, played lacrosse and hockey at Castleton before graduating in 2014, while his sister Danielle was a member of the women's hockey team at Castleton from 2011-2013.

As St. Albans natives, there are also many Castleton students and athletes who have been friends with the Roberts family since childhood.

Castleton men's lacrosse player and St. Albans native Isaac Devoid is one of those childhood friends. Devoid said the amount of support they've received from the community is "overwhelming" and "a joy to see." He hopes the tradition will carry on even after he's graduated.

"For us, the climb is a way to remember Connor and honor the memory of a great competitor and friend," said Devoid. "It's been over a year and a half since he passed away and the three things that stick out in my mind when I think about him are that he was exceptionally hardworking, a great teammate and one of the most courageous people you could surround yourself with."

Devoid said the climb has raised about $5,000 and proceeds fund scholarships for students at BFA St. Albans.

Although this year's climb is wrapped up, those interested can donate at anytime at either Climb4Connor@gmail.com or donate directly online. All proceeds go to the Connor Roberts Memorial Fund, which was established by the Roberts family and friends to ensure a better future and for Connor's memory to live on.

Sports through pictures

ASHLEY CALLAN / CASTLETON SPARTAN

COURTESY OF CASTLETON ATHLETICS

Steven Jurkiewicz, top left, pitches in a game earlier this season. The team opened its season by traveling for a six-game road trip to North Carolina. Aimee Briand and Brianna Keats, top right, crash the net in their women's hockey NAC quarterfinal matchup last week. Bart Moran and Ryan Smith, bottom left, celebrate a goal against the University of New England on Feb. 13. The men finish their season with a record of 8-16-2. Megan O'Shea, bottom right, competes in a race earlier this season. Both the men and women set their sights on the national tournament in the upcoming weeks.

Sports Utopia

By Jordan Lumsden
Castleton Spartan

Castleton University currently has 26 varsity sports offered and now will be adding women's rugby and women's golf. The Spartan sports complex was built in 2009 to modernize the gym and workout facilities. Many schools around the country continue to put money into their sports departments to incentivize recruiting. Along with the sports complex, Spartan Stadium and a newly formed football team made their debuts in 2009. And in 2010 Castleton, the baseball and softball teams got refurbished fields. Castleton athletics were booming. With the new facilities, Castleton became a contender in the arms race that is recruitment.

Since the late 2000's, Castleton has continued to add sports at the varsity level and now the question is where do we go from here? Indoor track, one of Castleton's recent additions, doesn't have a true facility to practice and compete in.

So that got me thinking. If money wasn't a factor, what would you add to the school to improve the athletic experience on campus?

A fieldhouse was the most frequent answer I got when asking the question. Athletic Director Deanna Tyson said it was an easy choice for her. She liked the idea of a field house because it would be "something that everyone could use" and would also benefit the indoor track and field teams.

When I asked the question to Tyson, her eyes briefly lit up. She'd definitely thought about this one before. In an almost Walt Disney-esque way, she started detailing the plans for her fictional project. A road would continue from the parking lot adjacent to the softball field across the river and into the open lot. The building would house a full-sized track with locker rooms and offices, based on Tyson's dream field house.

As Castleton University advances toward being a well-known competitive force, we must try and accommodate all of our student athletes and make sure they have the resources to be successful. I think Castleton does a great job helping athletes get and maintain a competitive edge, but in my fantasy world of Castleton, some things can change.

My addition to Castleton athletics piggybacks on Tyson's idea. In addition to the field house that would include a track and turf field, I would also add an ice hockey rink.

Having all the sports on campus would be ideal, said assistant professor Marybeth Lennox. She laughed and smiled from ear to ear when asked the question. Like a kid in a candy shop, she paused and thought intently about her answer. Locker rooms were something that she emphasized saying that home and away locker rooms were a must in her Castleton fantasy. Although many teams train year-round, only teams that are in season get to use the current locker room.

Lennox also emphasized the preparation and planning that would need to be put into a project like a new building. Although fun to think about, Lennox said many things would need to be considered like finances and environmental law requirements. She said that although it might be nice to have a new building, we should preserve the things we love and that make us Castleton like the trails that run along the campus boundary

The most interesting answer I got was from Amber Lees, a senior health science major. She'd like to see more access to sports psychologists for student athletes. Lees mentioned specifically how some athletes returning from an injury can be impacted psychologically. The uniqueness of her answer caught me off-guard. In a time when most athletes want the nicest newest equipment, some might want something totally different.

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday March 23, 2016 CastletonSpartan.com Castleton, Vermont

Castleton adding dorms in Rutland

By Elisabeth Waller
Castleton Spartan

Castleton University students will have a new option for housing this fall – away from campus. The 17 gender-neutral apartment-style units will be located above the Chamber of Commerce on Merchants Row in Rutland.

The new housing in downtown Rutland will offer upperclassmen the ability to live in the city while still having the security that on-campus living provides.

Expansion into Rutland is a part of the Castleton Plan, an outline for growth that was put into motion in 2014. The housing provides something unprecedented to Castleton students—city living and close proximity to internships and jobs.

"I wanted to give Castleton students who choose to do so the option of, at least, Vermont's version of a city experience. We have this beautiful bucolic campus in a very rural setting, but I also wanted students to have the option of living and possibly working and studying in a downtown," said President Dave Wolk.

Many students are already connected to the Rutland area through jobs or internships. For those who aren't already, it may provide greater opportunity.

"I feel that the Rutland region is a laboratory for learning. We have over 400 internships, either volunteer or paid internships and job shadowing," Wolk said.

According to Michael Robilotto, director of Residence Life, nine people have attended the two informational meetings he has held. He's also received emails from additional students with questions and wanting to secure units.

"It's a totally renovated building and they're going to be all new apartments. They're in the process of building them right now, and they'll be ready in the fall," Robilotto said.

For Brianna Bocelli and Brittany Verge, it's a more attractive option than living in an apartment off campus in Castleton.

"We're both roommates. We wanted to live off campus, but it's too much of a chore," Verge said.

Bocelli and Verge are interested in the freedom that off-campus housing offers while still having the security of living in Castleton housing.

"It sounds better because they're new and there's other kids from CU there," Bocelli said.

The option is primarily for upperclassmen and graduate students and Wolk believes students aren't the only one's to benefit. The city of Rutland will also be affected by this increase in Castleton's already evolving presence.

See Rutland, Page 6

PHOTO CONTRIBUTED BY SCOTT DIKEMAN

Contruction workers renovate apartments in downtown Rutland for upperclassmen students to move into in the fall.

CALLIE GINTER / CASTLETON SPARTAN

Castleton students and community members gathered at Fishtail Tavern Sunday to remember victims of a Saturday morning car crash.

Remembering them

Vigil held for three who died in Saturday morning car accident on Drake Road

By Callie Ginter
Castleton Spartan

Lightweight paper lanterns filled the grey-blue sky as they drifted away with heavy sighs of sadness. As pinks, purples, oranges, blues and greens floated toward the clouds, friends held each other – and cried.

Fishtail Tavern held a vigil Sunday evening to remember Andrew Laramie, 26, of Castleton, Caleb Kinney, 24, of Fair Haven, and Samantha Forrest, 23, of Castleton – who died in a car accident early Saturday morning on Drake Road. And although the room was often filled with tears and hugs, it was also filled with smiles, laughter and "remember whens."

Graduate Assistant at Castleton University Jamie Lynn smiled as she recalled selling Forrest her first snowboard.

Alumni Ally Dee was remembering the last time they hung out.

"We went to Zen Gardens and went for a hike. Last time we chilled, she took care of me and made me coffee," Dee said smiling.

Forrest was a senior at Castleton studying exercise science who worked for two years at Fishtail Tavern. Kinney was a 2013 Castleton graduate and Laramie was a local friend of both.

Twiddle member and Castleton alumnus Ryan Dempsey was one of Forrest's best friends and talked about a recent missed encounter with Forrest.

Dempsey said "what hurts most" was that Forrest was not able to make his birthday party Thursday night and then he got a message from her the night of the accident that he would soon realize couldn't be answered.

The text from Forrest at 1:28 a.m. read "I couldn't ask for a bester friend."

"She was probably in the back seat texting me and then two minutes later…" Dempsey said as his voice trailed off and he wiped his eyes.

> "I wish I had the chance to say I couldn't have a bester friend either,"
> -Ryan Dempsey

"I wish I had the chance to say I couldn't have a bester friend either," Dempsey said as he wept. "She was one of my closest friends. She was a one of a kind, giving, genuine, unique individual. She would drop whatever she was doing for anyone. She loved everyone. Her personality lit everyone up. There's no one else like her," he said.

The two men who died with her were just as loved.

"I heard Caleb was a really nice guy! And Andrew, whatever he did he was great at it. He was a great dude, an inspirational guy," Dempsey said.

See Students, Page 6

Robertson is youngest to win Alderman

By Lacy Parmenter
Castleton Spartan

Vanessa Robertson was sitting in Mr. Lingren's middle school history class when she found her passion for history and politics. That was the turning point in her life when she realized what she wanted to do with her future, and when she found her voice.

"He really allowed me to voice my opinions on things which I hadn't previously had teachers that allowed me to do that," said Robertson.

Born and raised in Rutland, Robertson was recently elected to the Rutland Board of Alderman, making local history as the youngest to ever hold the office.

The 21-year-old Robertson is a junior, double majoring in political science and history. She started the Political Science Club and is the club's president. She is also the vice president of the Democratic Leadership Club on campus and has served as a research assistant to the Castleton Polling Institute.

Associate Director of the Polling Institute Amanda Richardson supervised Robertson's work.

"We had conversations about open board member positions. And we talk about politics, which is fun," Richardson said with a giggle. "I'm not from Rutland, so it was nice to see her perspective since she's lived there her whole life."

Robertson said the goals she campaigned with that she plans to see through include fixing the local water system and growing the downtown of Rutland.

"They're very old in Rutland and they need to be replaced, so we need to come up with a quick plan to do that," said Robertson, of the city's old water lines.

As for her other goal of building onto downtown Robertson said she's excited about the recently announced student housing downtown.

"That's a really good stepping stone for more Castleton students to be able to transition into Rutland and get involved in those businesses," Robertson said.

Rich Clark, professor and director of the Polling Institute, said he's excited to see a Castleton student on the board and despite her youth, he believes that she will be taken seriously on the board.

"You know she's young, but she speaks her mind. Forcefully not aggressively. She's completely of a different generation and she gets that," Clark said.

Richardson added that Robertson being on the board now is great for Rutland.

"It's really exciting for me to see diversification in the Alderman. It would be great if all the populations were represented. It's an improvement for me as a voter," Richardson said.

Mayor Chris Louras told Castleton's communications office that he was delighted that Robertson was elected to the board.

"For years, it has been my administration's stated goal to see young, passionate members of our community become involved in City government," said Louras.

When Richardson and Clark were describing Robertson the common word that was repeated was — confident.

"That makes me feel special, it's fantastic that they said that," beamed Robertson.

See Alderwoman, Page 6

COURTESY PHOTO

Junior Vanessa Robertson is the youngest elected to the Rutland Board of Alderman.

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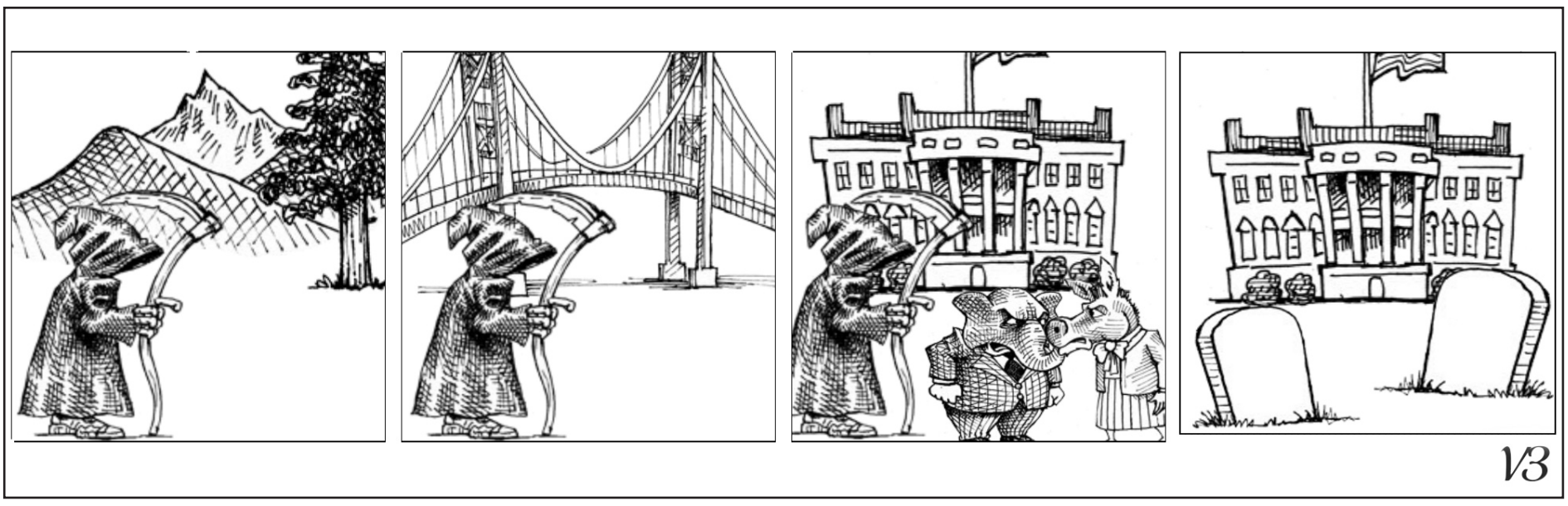

Feeling inspired after New York

Two years ago, I walked into Dave Blow's office to meet my new advisor, just days after switching my major from social work to communication. Among the many things he said about The Spartan and the department, he mentioned a trip to New York, which I could go on someday if I worked hard.

Flash forward to today. My second semester as co-editor is half over and I have gone on said trip to New York twice. While being editor of The Spartan – with the editing, designing, writing, managing staff and handling reader complaints – can be frustrating, Dave, our staff, the administration and the opportunity to go to this conference, make it more than worth it.

"The staff we have this year is one of the best teams I have ever been a part of."
-Catherine Twing

A huge part of this conference is the opportunity to see other schools' newspapers. Some large institutions produce papers on a daily basis, which would be impossible with our small school and staff, but even so, our bi-weekly paper looked just good if not better than the other papers on display (although I may be a bit bias).

My most proud moment of the weekend (besides finding our way to Krispy Kreme and taking the subway by myself) was when the critics told us how professional our paper looked. It's one thing for *US* to like our finished product, but another entirely when someone who has never heard of Castleton likes it.

The staff we have this year is one of the best teams I have ever been a part of. When you get so many people together there is often a divide, but the group of nine that went to New York is a very cohesive team. We went to meals as a group, hung out in the hotel, talked about ways to improve The Spartan and laughed. A lot. It didn't take long before "Where's Jordan?" and "The Yam" became inside jokes we'll remember for a long time.

It was hard this year deciding who would come on the trip because we have so many hard working writers and photographers who are dedicated to the paper, who are also just fun people to be around. There is no one trying to be the star and no one pushing others down.

I had also never realized how supportive Castleton's administration is of our student media until this trip. During our critique session, we were asked about our school's attitude toward the paper. In my experience with The Spartan, we have had minimal issues with administrators and professors and although there are isolated incidents, we are supported by a majority of the campus and community.

For that we owe a big thank you to the administration, faculty, staff and students for supporting our work and making it possible to produce the paper.

Most of all we have to say thank you to Dave for guiding us on our writing and designing, supporting us even when we don't believe in ourselves and reminding us to relax and have fun when the hard work is done.

-Catherine Twing

Trump is racist, misogynistic, orange - and our next president?

JADIE DOW / CASTLETON SPARTAN

Trump protestors march in the streets of Times Square shouting and carrying 'Trump Dump' signs on March 12.

We're all thinking it: Why would anyone vote for Donald Trump?

It all seemed like a joke when he began his campaign, but the joke's over now. The election is getting closer and closer, and we need to come to terms with it.

Donald Trump might actually be our new president.

It seems ridiculous. He's racist, misogynistic and for heaven's sake he's orange.

I don't know about you, but I don't want to be alive for the first orange president.

He has plans to put up a wall to keep people out, and he wants to make a test for Muslim's and may not let them stay in the country. It will turn into a dictatorship.

But there has to be a reason he is so popular.

The Washington Post did some investigating. They interviewed several Trump supporters and asked why they are planning on voting for him.

"He's an asshole, but at least he's honest, and isn't really into bullshitting people. Besides, I don't want a third Bush or a second Clinton in office anyway. The presidency is not a hereditary monarchy."

Okay. Yes. He's honest. He sticks to his guns. He says what's on his mind, and people appreciate that.

But sometimes what's on his mind is that he would date his own daughter if she weren't related to him. Just saying.

A website called Quora did a similar article to the Post's, only they gave reasons not to vote for Trump.

"I'll be climbing over that brand new wall and living in sunny Mexico."
-Jadie Dow

"He has zero legislative or executive political experience. As in none whatsoever. The president of the United States is a highly political position, which involves both executive control and having to deal with the legislative branch. Trump would be unique among modern presidents if elected because he has absolutely no experience in either of the two main skills required for the job."

That doesn't seem to matter to many people, though.

Putting aside the fact that he may ruin this entire country with his pure lack of experience in any kind of political position, he is simply not a nice person. Trump literally throws people out of his rallies if they are not in support of him.

Wouldn't a smart man take that opportunity to try to persuade those who don't like him?

Instead, he pushes them further in the other direction. He is stubborn, mean, and just outright cruel to anyone who disagrees with him.

Sound familiar? *cough cough Hitler*

So who knows what will happen in November, but I know what will happen after he's sworn in.

I'll be climbing over that brand new wall and living in sunny Mexico.

-Jadie Dow

Check out The Spartan at Castletonspartan.com

Castleton Spartan
CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

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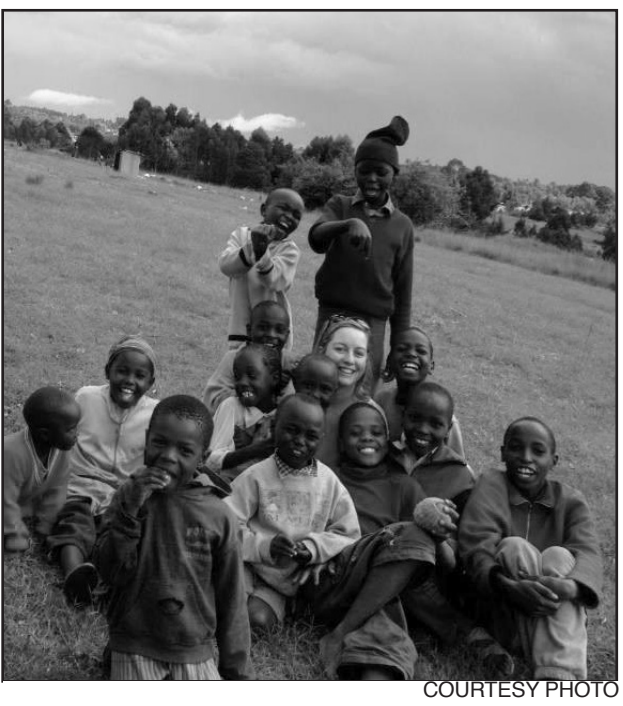
Shoe give-a-thon to help Kenyan orphans



COURTESY PHOTO

Jennifer Musick Wright founded the HEAL organization to help orphans in Kenya.

By Casey McGraw
Castleton Spartan

Brush the dust off those shoes you never wear and kiss them goodbye for a great cause. Castleton student Tegan Waite has teamed up with HEAL (Health, Education, Ample Nutrition and Love) to create a shoe give-a-thon to benefit an orphanage in Kenya.

"For an advocacy project for Katy Culpo's Health Issues class, I am bringing awareness about orphans and how college students miles and miles away can play their part and help these children overseas," Waite said. "We're having a shoe-give-a-thon, asking people to donate their new or gently used shoes they are willing to part with."

Waite partnered up with friend and Mill River graduate, Jennifer Musick Wright to make the event happen. Musick Wright founded HEAL as a college student in 2007 and currently has about 80 kids ranging in age from four to 18 attending school in their first orphanage in Kenya.

"We do not have clean water right now so we are setting up shoe drives around the country to raise the rest of the money we need to dig a well," Musick Wright said. "We have about $10,000 more to go and we're hoping the shoe drives will help with that."

For every 2,500 pairs of shoes collected, $1,000 is donated to the orphanage according to Waite. Donation boxes can be found in residence halls as well as Glenbrook and the SGA Office.

"We're having an event April 13 from 5:30-7:30 in the 1787 Room. It's going to be a packing party so we're all going to be rubber banding shoes and counting them and packing them to send them away," Waite said.

While water is a primary issue for this community, there are many other dangers that these young children face. Musick Wright shared a story about a young girl named Beatrice who is currently a senior in high school.

"When she was 9 years old she was actually raped by her uncle. Her mother passed away so she went to live with her grandmother and one day when she was there alone her uncle came in and raped her," Musick Wright said.

"Sometime after that, she ended up getting sick and her grandmother took her to the doctor and they found out that she had HIV," Musick Wright said with sadness in her voice. "She's now 19, so this was before people had an understanding about what HIV is so she was basically shunned and her family kicked her out."

Beatrice was then rescued by a group and soon after was diagnosed with chicken pox.

"They didn't want to catch HIV I guess you could say, so they left her in a room by herself until her chicken pox were gone so now she has scarring all over her body from the chicken pox," Musick Wright said.

While Beatrice has certainly lived a tough life, she is unfortunately not alone. HIV and other diseases have taken many parents' lives, forcing children to drop out of school to care for younger siblings or simply because they can't afford it.

"Many kids end up on the street. There is a big issue with street boys in Kenya and many of the girls end up being prostituted," Musick Wright said.

Kenya may be over 7,000 miles from Vermont, but a simple shoe donation can make a difference in the lives of young boys and girls in desperate need of help.

Fixing social issues

By Shannon Fischer
Castleton Spartan

You've spent countless hours interviewing family members to better assess their situation. You're burned-out, and loaded with information you have to sort through. Thankfully you have knowledge gained through the Social Issues Club at Castleton University to help you help them.

The Social Issues club at Castleton University holds events to raise awareness on topics, and raises money for organizations that interact with those issues. The club advocates the act of paying good deeds forward to the community.

"Our goal as a club is to help not only our community in the Rutland/Castleton area, but getting people involved with volunteering and being a part of things bigger than ourselves," said club President Kayla Vaillancourt.

Vaillancourt said the club will soon host a spaghetti dinner to help a former student and her family.

"Our most recent project we are working on is donating Easter baskets to nine children who live with poor families, who don't have much at all. The spaghetti dinner, is going to be a charity event for a former student's family. The student recently lost her sister to a severe battle with cancer," Vaillancourt said.

A date for the dinner has yet to be set, but club members hope to be able to use the 1787 Room in the

Campus Center. The cost is $5 for their meal and drink and Vaillancourt said the event will be great to "socialize with our community."

Luther Brown, faculty advisor of the club, talked about the background of the club and how it was revamped so it could be deemed more successful.

"The club was initially known as the Social Work Club, but we wanted to expand the range of students who actually participate. By calling it Social Issues instead of Social Work it will draw in students from other majors on the campus, so perhaps about ten years ago it was changed to the Social Issues Club. Last year the primary participants were seniors and when practically all of them graduated the club sort of died so to speak. This semester we've made an attempt to revitalize the club by getting new officers and getting non-social work students to take an interest in the club," he said.

Brown said the club correlates with issues that affect our society.

See Social, Page 6

Spring break service

Castleton Rotaract and Habitat for Humanity Clubs prepare to do service in other states as an alternative spring break

By Eva Clark
Castleton Spartan

Bell County, Kentucky and Forsyth County, North Carolina will be receiving their share of Castleton hospitality later this month.

Student members of the Castleton Rotaract and Habitat Clubs saw Spring Break as the perfect opportunity to branch out and offer help to communities outside of Vermont.

The Rotaract Club will be traveling to help in one of the poorest counties in the United States, Bell County, which has a median income between both parents of under $10,000 per year.

The Habitat Club will be bussing down to Forsyth County. Each club's affiliates, the Fair Haven Rotary Club and Habitat for Humanity of Rutland County, respectively, helped their collegiate contemporaries determine what areas of the country needed help most.

This year marks the fifth year the Habitat Club has volunteered outside of Vermont, and second year for the Rotaract Club.

Last year, in only its second year as a Castleton club, Rotaract students went all the way to Honduras, bringing in tow 11 suitcases worth of everyday necessities we may take for granted here in America. The trip was in association with the foundation Pure Water for the World, and the club members also helped to build a school and paint a rehabilitation center while there.

"Last year was more of a relief trip. It really helped supplies-wise and it was also just emotionally good for people to see, ya know, people really do care," said Rotaract President Danny Warnecke.

For this year's trip, the club is doing something similar to what Habitat for Humanity does, which is building houses for families in need.

"So our mission (in Kentucky) is to take this family home and pretty much just bring it back to life. We're putting new siding on, we're going to be putting an entire new roof on, we're going to be replacing a lot of windows and doors and I think we're going to be doing a few minor projects on the inside as well," Warnecke said.

For the Habitat Club, this will be their second year helping in North Carolina. The club over the years has visited and built homes in Tennessee, Kentucky and Georgia. This year's trip holds immense significance, however, because when club members arrive back, they will have completed over 1,000 hours volunteering with Habitat for Humanity.

The accomplishments each club has achieved warrant great pride, but Warnecke and Habitat President Kelly Mills had very similar, humble reactions when asked why they do what they do.

They shifted their eyes to the ground, or to the ceiling, lost in thought and recollection of all of the selfless reasons why they joined their clubs.

> "I really enjoy seeing the looks on the house recipients' faces when their house is finished and when we're working alongside them..."
> -Kelly Mills

"I really enjoy seeing the looks on the house recipients' faces when their house is finished and when we're working alongside them. It's really, I don't know, comforting to me ... I'm helping somebody achieve something that they probably thought could never be possible for them," Mills said.

Warnecke gave comparable reasoning, adding that his family always encouraged him to be involved with his community and his religion also inspires him to try and help other people.

Months upon months of planning and fund-raising are essential to making trips happen. With the countdown dwindling down, club members can't help but be anxious and excited.

"What I'm most excited for about the Kentucky trip is the look on people's faces when they realize that the unhealthy home they have been living in is now re-done and safe to live in again," said Rotaract Club member Elly Zelazny.

Others love the feel of completion when the project is finished.

COURTESY PHOTO

Castleton students do service in Honduras last year. This year, clubs will be travelling to Kentucky and North Carolina to build houses and help the communities.

"For this upcoming trip to North Carolina, I'm most excited about building. Last year when we arrived on the site on day one it was nothing but a concrete slab and by the end of the week we were able to lock the front door. It's incredible to see how much progress a group of 20 people can accomplish in a short amount of time," said Habitat Club fundraising coordinator J'Leen Diaz. "It makes it even more worthwhile knowing that we are doing it for a family."

The presidents of both clubs gave credit to their club members. Warnecke said much of what makes the experience of the club so enjoyable are the great individuals he gets to work with. The trips also allow club members to better get to know and bond with each other, while working together to accomplish the same common goal.

"Everybody's just so willing to help other people and it's not something you really typically see. I mean yeah, friends help friends out, but this is helping strangers, people you don't even know or you won't even have contact with ever again. So it's just different, it's really nice," Mills said.

Beloved university librarian prepares to retire

By Seth Wilmott
Spartan Contributor

Not many people know what it's like to run a college library. Even fewer people know how to run a library as long as Castleton's own Sandra Duling.

Duling has been working at the library at Castleton since 1982, initially working the night shift part-time while raising one of her two children.

Not until 1985 did she start working full time for the college, and after 34 years, she has announced her retirement.

After doing something you love for so long, it's hard to say goodbye to everything. All of the little things seem to be so much larger when you're thinking about leaving a place, she said

"I will miss the interactions with students the most, being able to help you kids is always gratifying," Duling said with a heavy sigh.

Along with working in the library, few may know that she has also been a member of Extra Stout, an Irish band for about 20 years with three other professors on campus.

During her retirement, she said she plans to put more time into her band and is hoping to be able to play more gigs now that she has the time. On

Sandy Duling

Saint Patrick's day Extra Stout played at Mulligans Irish Pub in Manchester Vermont.

"I'm somewhat exhausted today because as you can imagine it was a late night Thursday night, it was Saint Patty's Day," Duling said with a laugh.

Duling also plans to use retirement to spend more time with her family. She wants to travel with her husband and get to spend more time with her two grandchildren. And she'll be going on more distance biking trips while working on the next edition of her book "Road Biking Northern New England."

This summer she is planning a ride with one of her friends that will take her across New Hampshire and into Maine and perhaps into Canada.

While members of the Castleton University community are happy for her new life, they say she'll be missed.

"Sandy has created a warm and welcoming atmosphere in our library, maintaining a very inviting climate," Castleton President Dave Wolk said.

You can feel this atmosphere when you walk into the library, and many times students are greeted by Duling herself, yet most don't even know it.

Senior Caitlin Ryan has worked in the library with Duling for a few years. Ryan even went to Iceland with Duling for a school trip, so she's seen a side of her not many people get to see and talked about her good deeds.

"Sandy loves to knit, you know those pink bows for the pink the rink? She makes all of those for the game," Ryan said.

As Duling finishes up her final year here at Castleton, those who know her will all reflect on their time with her and her impact.

"We will miss her greatly, knowing that she has made her mark on Castleton in exceedingly positive ways," Wolk said.

A search is ongoing for Duling's replacement.

Community service to take over North House

By Aaron Wallace
Spartan Contributor

A change is coming for residents of North House. Next semester all of its inhabitants will have a common goal community-service.

The Residents Life office has been planning this change since the beginning of the year. This will be the third house to be switched to themed housing.

Students who are interested in living there will have to complete 15 hours of community service throughout the semester, along with a number of service projects around the community. The purpose of the housing change is to connect students with the local community and help them understand the importance of community service, Area Coordinator Cora Churchill said.

Churchill is in charge of overseeing all of the themed houses and she is excited about the initiative of the new program.

"The goal is to bring students to a closer understanding of why it is important to be a good community member, what it means to be a good community member, how to give back, and show that it feels good to give back," Churchill said.

The house will hold 36 students and Churchill said she is hopeful that they will fill the house with students who are interested in this initiative. However, if that can't happen, students who aren't interested, but are still placed in North House, won't be required to do community service.

There were no costs to make the change and students have shown a lot of interest in the idea of a community service house, Churchill said.

Matthew Ocker, a junior and current North House resident, believes the housing change is a positive one for students and the town.

"It would allow students to get to know each other in different ways and it could also help create a better relationship between the town and students if we did more things for the town," Ocker said.

In recent years, the town and students of the college have not had a very positive relationship, and this is another effort to improve that, students and officials said.

But not all students are happy about this change.

"I wouldn't choose to live in community service housing because it would be hard for me to make time for it," said junior Alex Brownell said. "I think community service is a positive thing, but it doesn't fit into my schedule."

But those interested in it say community service is very useful for a resume and looks very good for students after they graduate.

"I would choose to live there because the housing option gives students an ample opportunity to do community service. It would also be very helpful for my resume," said junior Brooke Naylor said.

Although many students might not participate in the community service housing, there are always opportunities around the area to help out and get involved yet live elsewhere. Churchill said she hopes that students realize the good they're doing.

"I think students already have the want to help others in them and other students might not know it yet and so they may choose to join the following year to see how the program goes," Churchill said.

If students are interested in learning more about community service housing, they can contact Cora Churchill via email at cora.churchill@castleton.edu. Students can also choose to move into North House during housing selection in April.

AARON WALLACE

Next semester, North House students will have community service in common.

What do you know about TPP?

By Peter Kazakis
Castleton Spartan

The Trans-Pacific Partnership is a new, supposedly, high-standard global trade agreement that "levels" the playing field for American workers and American businesses, "supporting" more made-in-America exports and higher-paying American jobs.

The deal is in its final stages of completion, but just how much do you know about the TPP?

If you answered "almost nothing," that's okay.

Why is it okay that you know almost nothing about the upcoming historical global trade pact?

Because the government kept the trade agreement secret from the U.S. people.

"The story that they put out is that they couldn't make it public until the deal had been approved, but that they would tell the congress-people what was in it," economics program coordinator and professor Judith Robinson explains. "They were going to keep it a secret, what was actually in it."

"And is that bogus? Yeah, I think that's bogus," Robinson says.

The logic goes, that the government didn't want the U.S. people to misinterpret something they do not fully understand. But, since congress is going to vote on it, they'd have access to the 2,800 page document.

"We're flying blind here, as to what's actually in this thing, for starters," Robinson admits.

On paper, free trade as an economic theory seems sound. But, Robinson has her doubts.

The theory follows that the division of labor is a more efficient way of doing things. If one person in a village is a good teacher, and another person can build homes more efficiently, then the teacher should teach and the builder should build. Trade between the two would balance out wealth.

The TPP is, essentially, taking this logic global.

If it's true between two villagers, it's true between an American and a person in Asia. If an Asian person is more efficient at producing something, than he should do it. And if an American is more efficient at producing something, than he should do it. And it'll all balance out in the end, because of free trade.

"We can talk about the economic theory that free trade is a good thing, but it really does not apply to the modern world, with trade going on around the world today," Robinson said.

She elaborates, saying that there are assumptions that go into the theory of free trade in order for participating economies to balance-out in the end.

"For one thing, you have to assume that both economies don't have any unemployment," Robinson highlights.

On a theoretical level, it seems valid to let everyone specialize and trade freely, but the reality seems much more complicated.

See TPP, Page 6

Community is your classroom

Three-part series looks at CU's impact on the region

By Catherine Twing
Castleton Spartan

A lot of focus has been put on Castleton University's new initiatives in the Rutland area lately, but what about the programs that have been working in the area for decades or even centuries?

In this three part series, you will learn how the departments of education, social work and nursing have been positively impacting the community for years by require students to complete field work under faculty supervision in order to receive licensure in their fields.

The education department, one of the largest departments on campus with seven full-time faculty, has been sending students into the field ever since the 1800's.

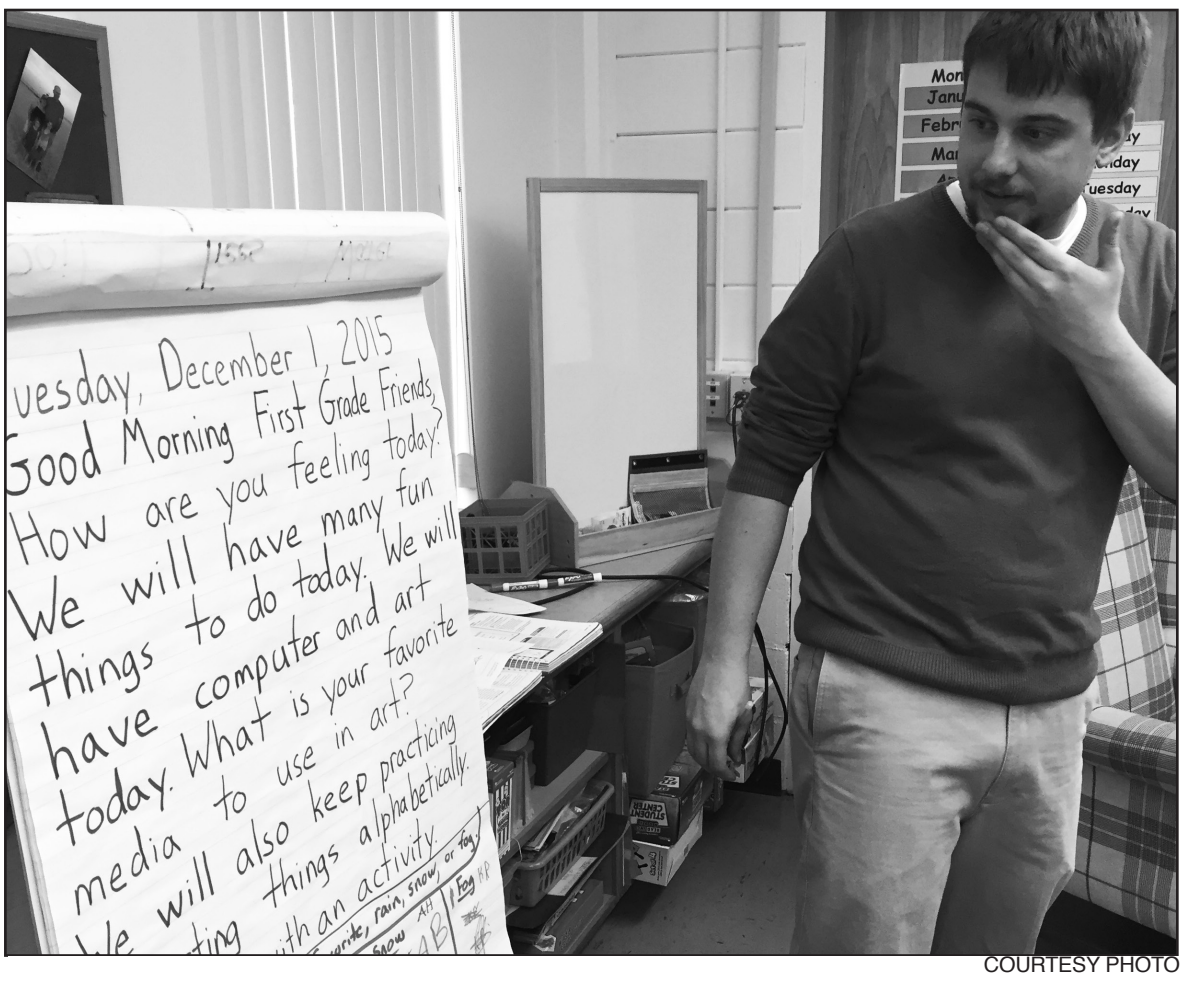
Students work in the field throughout their time at Castleton, partially because the Vermont Agency of Education Licensing and Advisory Board requires it, but mostly because the faculty see the importance.

"We are very committed to giving students a lot of field experience because it is our departmental opinion that field experience is what makes them outstanding teachers," said longtime education professor Linda Pepler. "They know the issues in the field, they know the teachers in the field and they have experience with behavior management, with curriculum."

Students are placed at schools within a 35-mile radius, according to Pepler. When Leonard Johnson was the placement officer decades ago, he would place students all around the state and travel over 50 miles to visit them at their placements.

Today, students in the education department are required to do some sort of field work in almost every class, whether that be a group experience where the entire class visits a location or an individual placement with faculty supervision.

"It's a gradual release of independence and as students gain a greater understanding," said department chair Monica McEnerny, explaining that first-year students work a few hours in classrooms and by the time students are seniors, they are working full time student teaching with a faculty supervisor visiting each week.


uesday, December 1, 2015
Good Morning First Grade Friends,
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We will have many fun
things to do today. We will
have computer and art
today. What is your favorite
media to use in art?
We will also keep practicing
things alphabetically.
than an activity.

COURTESY PHOTO

Brendan Harris is one of several Castleton University student teachers teaching in the region.

Mariah O'Hara is a senior history major with a secondary licensure currently student teaching full-time.

"Working in the field has been both rewarding and challenging. I have worked in two different high schools, and I am now currently working in a seventh-grade class," O'Hara said.

"The kids are amazing," she said. "I have seen my students grow so much in these few short weeks that I have gotten to know them, and I find that that is one of the most rewarding parts of being a student teacher."

O'Hara notes that student teaching has taught her to be flexible and to realize that a teacher's work isn't done when the students leave the classroom.

"I have completely underestimated my teachers in the past. It now completely amazes me how much work our teachers do, and then to see people complain about their teacher taking a while to hand back a quiz or a test," she said.

Jackie DeFreest, a multidisciplinary studies major with a licensure in elementary education, is also student teaching this semester.

"This year I spent the first semester in a second-grade classroom twice a week for the full school day," DeFreest said. "I really loved the experience because it reinforced my passion for learning and working to help kids discover themselves."

"This semester I am in a fourth-grade classroom full time. I was incredibly nervous at first to be responsible for a class, but have found that I really love it. Teaching is something you really can only learn to do through first-hand experience," she said.

McEnerny has begun collaborating with Johnson and Lyndon State colleges during her student teaching seminar so that her students have a chance to communicate with other future educators in the state.

She emphasizes the importance of students using their student teaching to get to know the communities and schools they will work with one day.

"Schools really are microcosms of the broader community, so this is why it's so important for our students to research what the needs are so we can understand better the students coming into their classrooms," she said.

DeFreest has experienced this directly.

See Teaching, Page 6

Huden food goes scientific

PHOTO BY BRIE HEATH

Sodexo chef Tyler Williams prepares an asian pork sandwich in Huden Dining Hall.

By Brie Heath
Spartan Contributor

As the Huden Dining Hall chef prepares for the lunch rush, he whips up a bowl of dough that is then placed in the steamer, then cut into buns. The chef, Tyler Williams, with help from his colleague Delores Dow, then takes the steamed buns and puts them on a pan to get the them ready for the dressing part of the fun.

The steamed bun is now opened and ready for the barbecue pork and toppings, with a little dab of cilantro.

These buns way different from your usual buns made in the oven.

The lunch being prepared March 10 was part of an "Elements" promotion at Huden, which will happen once to twice a week until the end of April.

Sodexo officials are trying to create awareness of molecular gastronomy, which is the application or study of scientific principles and practices in cooking and food preparation.

It's also a way for the chefs to play and have fun while making the food, said Rob Macfarlane, Sodexo general manager.

They get to play with the food in cool ways you may never had thought of, he said. For example, they can take Nutella and make it powder, but once it hits your mouth it goes right back to the Nutella we love. It's so simple and fun, and students can do it right at home with a kit they can win as part of the promotion. All you need is Nutella, maltodextrin powder, and a recipe for Nutella powder.

Macfarlane said that food science is the way of the future and really fun to work with. It is also a way to teach students the science behind food. One common molecular gastronomy food is olive oil, McFarlane said. He said you can take the olive oil and turn it into powder and then put it on the food, but the minute it hits your mouth, it is olive oil again. Really in simple terms molecular gastronomy is taking food and changing the form of it, McFarlane said.

"Next meal is going to be a balsamic caviar salad," he said. "You take balsamic vinegar, sugar, and add an alginate, which is just algae – it is flavorless, and then take that and put it into a sodium bath and solidify it into a ball, until you bite into it and then it is liquid," he said.

During the March 10 event, students were nervous to try the first elements meal, an Asian pork sandwich. Most didn't try it. Many walked past it looking nervous and questioning if they should try it or not. The students who did try it had mixed emotions.

Romello Lindsey was nervous – but he loved it. Lindsey said he eats a lot of Asian food, "so this is right up my alley."

"The noodles are very good," he said after taking his first bit.

Erin Wood, however, said she was not too keen on it.

"I didn't like the food. Just a weird texture," Wood said.

She was not discouraged though, and said she is very interested in the whole science and food combination because she is a science major.

McFarlane said Huden is always planning cool and fun things to do with food to keep the student population happy. Huden does these events twice a semester and each event is to teach students the history and science behind food, but in a fun way.

"There are a lot of science students here and they will have some fun with and see a lot of things that they are not used to seeing in forms that they are not use to seeing," he said.

As part of the promotion, students have a chance to enter their name in an online raffle for a chance to win one out of 15 deluxe molecular gastronomy kits. These kits include recipe books and DVD's, tools, and food additives and ingredients to help bring molecular gastronomy to your home. Go to the website to enter the sweepstakes is www.elementssweepstakes.com.

WIUV broadcasts across the world

By Liam Welsh
Spartan Contributor

It is not uncommon for students to routinely hear the sounds of the campus radio station, WIUV.

Whether at Huden, Glenbrook Gym or the Campus Center, the station is never far from reach of the students of Castleton. Now, with the help of Tunein.com, the station can be streamed across the United States and even around the world.

WIUV's Program Director Will Chmielewski talked about his experience with listeners around the globe.

"I've seen listeners from Britain, France, China, Japan... a few places in South America like Brazil, Chile at one point – even in the Caribbean there were a couple people tuned in," Chmielewski said.

He also talked about how the site has spread the station's outreach.

"People can search an artist on Tunein.com, like Pitbull for example (the artist playing on the station at the time), and it's going to list every station playing his music. So anybody that searches Pitbull would see WIUV at the top of the list since it's streaming his music right now," he said.

The site essentially guides people to different stations around the world catered to their music preferences.

Louie Van Horn, the station's music director, also credits Tunein.com for WIUV's fan base outside Vermont.

"The majority of my show's listeners are people from back home in New Jersey, like my friends or band mates that are into the same music," Van Horn said.

But he said he loves it when people tune in from far away.

"I've had some listeners from Mexico one day, which was cool. Some people from Canada another day… There's this one guy from France that just randomly tunes in every so often," Van Horn added. "The station is a good opportunity to spread music to the local community, but also across the world."

Freshman Olson Humphrey was surprised by the news.

"I wouldn't have guessed people from all across the world had access to our radio station, that's pretty cool … It kind of makes me feel a little more connected than I did to those parts of the world," Humphrey said.

WILL CHMIELEWSKI/CASTLETON SPARTAN

Students Vincent Guerrera and Zach Dow work in the WIUV studio in the Campus Center.

We are all American idiots

By Jadie Dow
Castleton Spartan

Perfect.

"American Idiot" was perfect. From the set design to the costumes to the music. The cast lit up the stage in the little theater in Castleton, though it felt like it should have been on Broadway.

This musical is a story of three boys who planned on leaving their town to go to the big city. All ended up on different paths, and this was a story of addiction, agony and loss, all told through the musical stylings of Green Day.

Though it started as one story, it morphed into three, and then came back together in the end. There wasn't much speaking, but it was very easy to follow.

Now, the music.

Wow.

A band composed of a set of drums, a guitar and a bass nearly took the attention away from the cast, but the perfect harmonies and the incredible choreography by Maya Kraus allowed for many things on stage to see at at all times.

Though everyone on stage was phenomenal, there were a few stars who shined brighter than others.

Nick Marshall was remarkable. His guitar playing was great, his singing was incredible and his acting was flawless.

He sent chills through the audience when he was on the bed struggling with addiction, which took human form in Jess Poljacik. She acted as his addiction to heroin, and lurked in the background when Marshall's character, Johnny, tried to go about his day.

This really showed how much an addiction can take over a person's life. When Johnny was arguing with Jordan Griffith's character, Whatsername, he literally fell into his addiction's arms.

When nothing else in his life was going the way he planned, heroin was there to catch him every time.

Will, played by Matthew Eckler, was a surprise talent. His bellowing voice captured the audience and his emotional performance dealing with young parenthood and alcoholism held them captive for the entire hour and a half.

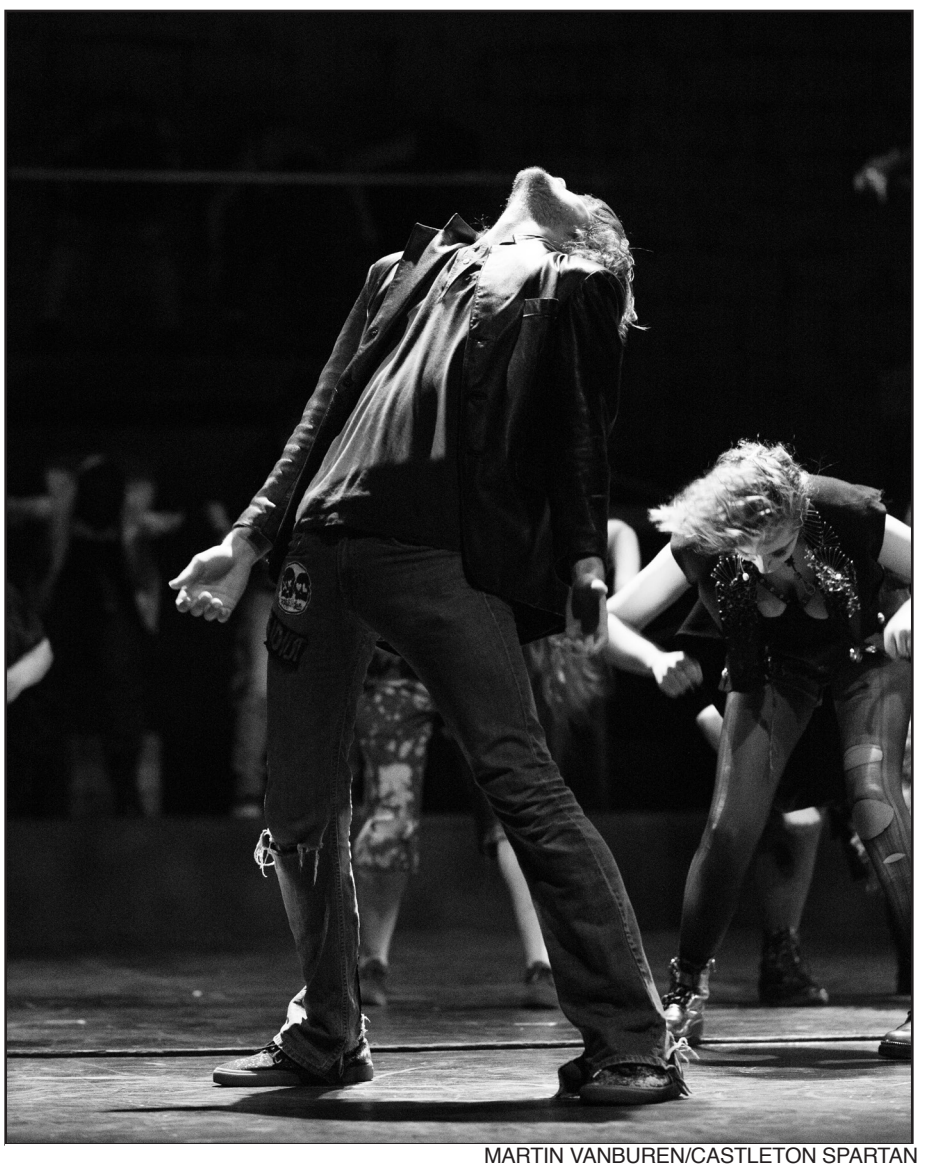
Brittany Rathburn, playing Extraordinary Girl, and Justin Gardner, playing Tunny, beautifully used a sheet as a prop in a dance number about love and loss. Twists and turns all around allowed the audience to see something simple transformed into something great.

That's what this play did. It took the lives of young boys, threw in a few major problems, and let us watch as they turned into men.

The costumes. The lights. The set. The voices. The acting. The choreography.

It was all perfect.

My only criticism? There are only six shows.



MARTIN VANBUREN/CASTLETON SPARTAN

Nick Marshall delivers a chilling performance as Johnny in Castleton's rendition of "American Idiot."

Two Days, One Night

By Jimmy Britt
Castleton Spartan

The Belgian film Two Days, One Night is a neo anti-capitalism film that shows the ugly side of capitalism. But what made this film wonderful was that it showed how depression truly affects someone and that there are still good people in the world.

Of course there are still good people in this world, but they seem to be a rare thing these days. The film has our lead, Sandra, going to her coworkers in hopes that she can convince them to revote on taking a 1,000 Euros raise that would cause Sandra to be fired, or she can keep her job and no one gets a raise.

As Sandra travels to her coworkers, we see a mix of emotions among them. For instance, a father and son argue about their sides of voting to the point that the son assaults his father and drives off. But we also see those who can't afford to lose the raise, voting in favor of Sandra because it is the right thing to do.

As the votes seem to be less in her favor, Sandra's depression starts to tighten its hold. She starts to lose hope, all she wants to do is give up and sleep her problems away. Sandra even begins to snap at her family and friends.

But the scene that shows just how desperate she is for a solution is when she takes an entire box of Xanax. As she is about to take her final sleep, a coworker comes over and tells her that she will vote in favor of Sandra. She then nonchalantly tells about her Xanax incident and they calmly take her to the hospital. It was a little too calm.

What I liked the most about this film is that it shows us that when you're depressed, it's nearly impossible to find a bright side. It reminded me of how I felt before I was treated. You just want to hide away and hope that the next time you go out into the world, things will be better.

However, it is the compassion of her coworkers and family that show Sandra a bright side and give her hope. A hope so strong that when she does lose her job at the end of the film, she isn't sad, but feels victorious for not only facing her problems but knowing that here future can be bright.

What are you watching?

By Lacy Parmenter
Castleton Spartan

It's 2016 and binge watching television series has taken on a whole new meaning. Some may ask what the key is to surviving those long treacherous weeks during school, and in the Castleton University community. The answer is – Netflix.

According to Uproxx, a digital media and blog network, some of the most watched series on Netflix include "Breaking Bad," "Friday Night Lights" and "Orange is the New Black."

"Friday Night Lights" is a popular one among a group of students.

Brock Labelle said he loves Netflix and has binge watched just about everything on it. His favorite though?

"'Friday Night Lights!' It was a show that a lot of people were talking about and it definitely lived up to the hype," Labelle said.

Morgan Hewitt quoted the famous meme, "I don't always watch Netflix, but when I do, I find a show I like and watch all seven seasons in two days. Then I get depressed when it's over."

"I started watching "Friday Night Lights" and once I finished that I went back to watching "One Tree Hill" for the third time. Now I'm back to watching 'Friday Night Lights,'" Hewitt said.

Another common show that is frequently revisited was his other favorite, "One Tree Hill."

"I'm binge watching 'One Tree Hill' again," giggled Emily Lowell.

"I started watching it because everyone else was, then I just kept watching it because I fell in love with Nathan Scott and wanted to be Haley James," Lowell said with lust in her eyes.

Even professor Bob Fredette said a quiet peaceful day off should be spent watching "Game of Thrones."

"I can watch 10 episodes (one season) in one day," Fredette said.

When asked if he was binge watching anything of Netflix, Mike Plaisance said, "Too many shows, "Boardwalk Empire" is my favorite though."

Assistant Director of Resident Life Shaun Williams has a whole list of Netflix favorites. He claimed he doesn't binge watch, even though he admitted he watches four or five episodes every night. His latest addictions are the "Blacklist" and "Fuller House."

"I currently workout to the 'Blacklist' while I do the elliptical. I was desperately in search for a new show, then 'Fuller House' came out and I quickly watched those 13 episodes and loved all the cute flashbacks and dances they did," Williams said.

Bre Morse splits time between "Bates Motel" and "Sons of Anarchy." Emily Cross is binge watching "Orange is the New Black," Kayla Striebe is watching "New Girl" and Jed Zawisza is enjoying "White Collar."

Reference librarian Charlotte Gerstein finished "Gilmore Girls" with her kids in a few months.

"I especially loved watching this show with my kids because Lorelai is such a great role model as far as talking through feelings and issues and conflicts with people, so we all learned. And Rory is such a great role model for kids as far as being focused and mature and a good friend," Gerstein said.

Not all students use it for the same reason though. Paige Crickard uses Netflix for keeping in touch with friends.

"Currently I'm watching 'New Girl,' 'White Collar,' and 'Madam Secretary,'" said Crickard."I'm watching 'New Girl' with my friends and it's a great way to spend time with each other. The other shows I watch with my family members. It's a good way to stay connected with them," Crickard said.

In some cases, students prefer Hulu over Netflix to do their binge watching.

Alex Madsen uses Hulu to keep in touch with the "Real Housewives" whereas Vidavanh Xapilak is watching "The Awesomes."

Have you thought of what TV series you want to binge watch next?

Music class takes students to Bahamas to sing

By Vincent Tatro
Spartan Contributor

Castleton University students will be singing in the Bahamas from Aug. 19-30 as part of a new music course being offered next fall.

The 3-credit course, MUS 2710-C01 Music of the Americas, will be instructed by musical director Sherrill Blodget and consists of the trip in August and three wrap-up classes for final presentations in September. There is a possibility of the course counting toward Aesthetic Understanding and or Worlds View frame too, Blodget said.

"All students, faculty, and staff at Castleton are welcome, though you must be interested in singing and choral music," Blodget said, adding that a short application of interest is required for participation.

Students will be staying at the Atlantis Paradise Island Hotel in the Bahamas for 11 nights as part of the American Choral Music Festival. Each student will participate in a series of one out of 17 workshops and one of three one-day studio workshops that will focus on the music of the Bahamas, Spirituals and Latin American Choral/Orchestra music.

The workshops range from several styles of music from "Cari Classics: Bahamian Classical Music" and "Bahama Broadway! Songs of the Bahamian Stage." Each workshop is three hours long and varies in level of musical experience.

"Through participation in the America-Cantat 8 Festival, students will be immersed in a wealth of Latin American and North American Choral music," Blodget said.

COURTESY PHOTO/VINCENT TATRO

Music professor Sherrill Blodget conducts students in class.

Each night, choral ensembles from each country will be giving concerts for the students to attend. Through the workshops, students will learn songs from each country and perform them at the festival.

Castleton music student Katy Albert is taking the course so she can learn about music from different cultures she's not familiar with.

"I think it's really important as a performer to travel anywhere you can whenever you have the opportunity and get the insight of anyone in the field," Albert said.

The Atlantis is a resort in Paradise Island, Bahamas. The resort includes a water park complete with many attractions.

"The resort you're staying at has 140 acres of land, pools, sharks, aquariums and other stuff. I don't want people who just want to party for 10 days, but it doesn't hurt that it's there," Blodget said.

The actual festival itself lasts eight days, with one free day built in for personal time, and additional island excursions at extra costs. Some of the offered excursions include Powerboat Adventures and The Art of Chocolate Making and Factory Tour.

"I'm excited to perform with new people, and the whole tropical island thing doesn't hurt the cause," Albert said.

The cost of the entire trip is set at $2,000 and a $100 deposit is due April 4 to ensure students spots in the course.

And students fearing not being able to come up with the money to pay for the trip needn't worry because it's covered as part of the fall tuition, like any other course, Blodgett said.

After the trip, students are expected to prepare a presentation on their experiences during the festival and present to the class.

"What I'm looking for is people who are genuinely interested in the festival itself, but to know that there will be plenty of time to explore the Bahamas and the Atlantis," Blodget said.

CALLIE GINTER / CASTLETON SPARTAN

Friends and loved ones gather to remember those lost in a Saturday morning car accident at Fishtail Tavern Sunday.

Students share tears, laughs and memories

Continued From Page 1

"He was a good guy," Dee said about Kinney.

Castleton alumnus Trey Kiendl lives in Utah and couldn't make it to the vigil, but shared his thoughts on Facebook.

"Caleb was 24, and one of the most athletic and accurate mountaineers I've ever had the pleasure of traveling with. Caleb was my mountaineering partner throughout college, so you could say we spent a lot of quality time together … I'll never forget Caleb's positive energy and enthusiasm to live a truly epic lifestyle. It's important for us to remember who Caleb really was, and what his philosophy was on life. He lived with a tremendous quality of life for the time that he was here, a lifestyle that many 80 year olds can only dream they lived. I love you brother, and you'll be with me every step through the mountains, rivers and forests of my life. I will never forget you. Ski in peace."

Lori Phillips, director of Conferences and Events at Castleton University, was Forrest's employer and described her as "a daughter."

"She's very special to me. She's extremely loving, carefree, a free spirit. She has a heart of gold and I'm going to miss her dearly," Phillips said.

Her voice began to quake over the phone as she took a long deep breath and paused for a couple moments.

"I'm still in shock. I'm hoping it's not true. I want her family to know she's in my prayers," she said as she began to cry.

Senior Casey McGraw also worked with Forrest and Phillips and recalled their close relationship.

"Lori was literally like her mother," McGraw said.

Owner of Fishtail Tavern Dave Rogers described the three as, " a relaxed group." They often went to Fishtail to play pool and hangout.

"Life just isn't fair. I just talked to them! It's surreal. You see somebody and you think you'll see them again. It's just so hard," he said.

Fishtail co-worker and friend Jenna Bostwick hurried through people at the tavern as she wiped tears away from under her glasses saying, "It's not real life. It's not. It's not real life at all."

Alumna Megan Breen put her face in her hands and cried, "not these fucking people," as her body crumbled.

Fishtail bartender Mike Mamunes was at a loss of words.

"They were the loudest, most outgoing people and nobody knows what to say," Mamunes said looking shaken.

As the vigil was winding down, some reflected at the gathering on the outpouring of love.

"This is nice. It's cool being around people who loved them all so much," Dee said.

"If I went right now I wouldn't be missed," Rogers said half joking. "But they will be missed."

$28k in parking tickets last year

By Nathan Decker
Spartan Contributor

MARCO LAM / CASTLETON SPARTAN

Students try to dodge tickets with their stories.

Castleton University students rack up a lot of parking tickets on campus.

Twelve out of 20 students interviewed last week said they have received a ticket and some have had more than one. Their excuses ranged from "I didn't know I couldn't park there" to "I was late to class."

But some students say they've been pretty good at avoiding tickets too.

Senior Karsen Woods described her near-ticket experience when a Public Safety officer was at her car in the Admissions parking lot. She said she swiftly walked over to her car and began her plea.

"He asked if this was my car. I replied, saying yes, but I just was showing my professor these books for a second," she said.

Thinking quick witted while she held two books in her arms, she later said she was surprised her excuse fooled the "intimidated" officer.

"I park there Monday, Wednesday and Friday, 80 percent of the semester and have never got a ticket," Woods said.

Sara Harrison wasn't so lucky. While doing an interview for an assignment, she parked in the South House parking lot for only five minutes when the ticket bandit delivered a present. She immediately went to Public Safety and appealed saying she was dropping off a camera for Leavenworth's Sam Green. The officer gave her a warning after hearing she was only there for a short time.

Some students refuse to pay – period (although don't try this because you won't be able to graduate with outstanding tickets).

"I pay $30,000 to this place, I ain't paying a ticket," said one student who asked to remain anonymous and who also said he rips up his tickets when he gets them.

Keith Molinari, Castleton Public Safety director, wracked his memory for crazy excuses students have used to get out of paying for parking tickets.

"There was one I do remember, a kid saying 'I was too drunk to drive,' meaning someone parked, then got to drinking and left their car," he said.

But the former police officer in Sullivan County, New York, said he heard plenty of excuses as a cop.

"As a police officer, I used to hear things like, 'I had to use the bathroom.' I had one guy actually defecate on himself. He was actually in a rush to go to the bathroom. I did not write him a ticket, since it would have been an insult to injury," Molinari said with a chuckle.

He also said that students need to know neither he nor his department makes any money off the tickets and he said he's actually pretty lenient.

"I don't get commission off tickets, so I just do my job and write tickets," added Molinari.

Dean of Administration Scott Dikeman collects the money and adds it to the college's general fund for miscellaneous, Molinari said.

Dikeman, in an email response, said the university collected $28,375 in parking ticket revenue last year and the average over the last five years has been $28,053.

"It should be noted that 10 years ago, the revenue was as high as $45,057 and was historically in the high $30,000's-low $40,000's. It began to trend down after 2010," he said. "Year to date this year is on par with last year."

Social Issues Club pays it forward

Continued From Page 3

"The club is designed to identify social issues. We want people to identify consequences of social issues, consequences that are psychological or social," Brown said.

Students involved in the club feel they are making a difference.

"I thought it would be a good way to get involved around the community more, and it was a good way for us as social workers to get together and help those in need. I hope that we will be able to complete our goals and missions that we have planned in order to help people help themselves, and lend them a helping hand," said junior Karyn Burns.

Sophomore Elly Zelazny joined the club for a different reason.

"I joined the club because I'm a social work major and my teacher advised me to join. I hope to get some experience in my field out of this, and possibly figure out what I want to do with my future," she said.

Those interested in more information can come by Leavenworth room 203 at 3:30-4:30 on Tuesdays to check out the club meetings or email Vaillancourt.

Teaching in our communities

Continued From Page 4

"My current placement is in a low-income area, which affects kids in and out of the school. Understanding where the children are coming from helps me to give my students a better education," she said. "I have seen first-hand how the drug crisis in Rutland County is impacting the children. I feel like people don't understand how much children absorb from their surroundings."

O'Hara has seen similar situations.

"Some of my kids have some really tough personal stories, and it amazes me that they can get themselves up and go to school with a smile on their face. I have found myself constantly looking at situations this semester with a totally different outlook," she said.

Castleton's special education classes do a lot of work in the community including giving students the opportunity to observe and write case studies early on in their education.

Professor Leigh-Ann Brown also organizes special education students who work at Wonderfeet, a children's museum in Rutland that also offers classes for preschool students and children with special needs.

"We have been working with students with learning disabilities to work on addressing and accomplishing some of their goals that were individually set for them," said Alex Derosia, a sophomore majoring in multidisciplinary studies with an endorsement in special education. "I have learned strategies to work with autistic students and learned ways to make transitions smoother and how to calm them down before they have a severe meltdown."

Additionally, students also work on two civic engagement projects. The human library is a day when students interview community members and "check them out" like library books at the event. The other is a photo exhibit where students take photos of and interview community members, which will take place on April 26 in the Campus Center.

McEnerny noted that many local teachers are Castleton alumni and the chance students have to get out into the field and make connections with potential employers is invaluable.

"I think the great thing we have is the partnerships with the teachers. Many teachers in the area are graduates of our program and we have very close connections with teachers all around the state," she said.

Students going into the community to work gives them up-to-date, personal experience they can't get in a text book.

"They are making these contacts and being visible within the schools, but also actually being in the field," McEnerny said. "Education changes quickly and there's a lot going on as far as the needs of the students and the technology being used to reach students."

Although it's challenging at times, DeFreest easily summed up why it's all worth the hard work in the end.

"When I was younger, all I wanted was to change the world. As a teacher I know I'll be able to reach that goal."

TPP secret goes global

Continued From Page 4

"If you end up with one country making everything and another country making nothing, then that's not the idea. But that's sorta what seems to be going on. We are not selling very much to China. And they are selling a humongous amount of stuff to us. So it's not balancing out," Robinson says.

Sociology professor Philip Lamy agrees that things, globally, are not balancing out.

"There's no denying we live in a global society. The problem is surrounding big businesses benefiting instead of everyday people and small businesses," Lamy asserts.

The TPP would, essentially, be run by the multi-national corporations, themselves. Secret courts, not open to the public, would rule on conflicts. The proceedings would be announced to the public, but the paperwork would be all secret.

Global trade law would have power over an individual country's laws. Robinson points out that the North American Free Trade Agreement courts already overrule U.S. political decisions.

"NAFTA and the world trade organizations have the power, and it's because we signed a treaty allowing it to happen," Robinson says. "The term popular sovereignty means people have the right to rule. And these international tribunals override popular sovereignty, all over the world."

An international republic of rulers, almost?

"Yeah, except they are not even elected," Robinson adds.

Hillary Clinton voted to support TPP for years, but recently in her election campaign curiously said she has changed her mind.

President Barack Obama has declared his philosophy on global free trade saying he would rather "our" U.S. multinational corporations rule the roost, instead of Asian multinational corporations.

"Our" multi-national corporations? The American peoples' multi-national corporations?

Or just the top five percent of the wealthiest Americans' multi-national corporations?

Weighing in on the issue, senior communication major Jack Workman cited an interesting quote regarding the interests of U.S. people being undermined by the government.

"Remember what Jefferson said, in 1816? 'Governments are republican only in proportion as they embody the will of their people, and execute it.'"

Congress is currently considering the TPP under fast-track rules adopted last year. These rules give Congress the right to approve or reject the agreement, but not to amend it.

Just call her Alderwoman

Continued from Page 1

"I think that people throughout my life didn't really know how to deal with this little short girl that consistently wanted to voice her opinions. So I like that it's viewed as confidence; that's how I view it," Robertson said, with another giggle.

She is the third woman on the board now, and being the youngest, she hopes to contribute both perspectives on the board.

"I stand for allowing all people a voice on the board. I stand for wanting different voices on the board," said Robertson.

Robertson has requested to be called "Alderwoman." If allowed, she would be the first. Robertson will attend her first meeting on March 21.

For the future, she plans on attending law school, but has not determined what kind of law she wants to study yet. She is leaning more toward corporate law.

"Five years down the line, I hope to be graduated from law school and be working for a firm. Law school has been the goal since I was 15-16 years old," Robertson said.

Welcome to Rutland

Continued From Page 1

It's going through a renaissance. I also wanted us to contribute to the revitalization of Rutland," said Wolk. "I also think it's good for Rutland to have mature university students living, working, studying downtown…It's a win-win," he said.

Perhaps one of the most exciting things about the new housing will be it's environmentally friendly features. Still in the demolition and planning stage, the university is working with developer Mark Foley Jr. and Green Mountain Power. They are looking into renewable energy as well as energy efficiency.

"We're really focusing on this as being an environmentally advanced living situation," Wolk said.

Transportation is also in the planning stages and may be provided by Marble Valley Regional Transit District.

"We are still early in the discussion stages and we anticipate that the potential convenience and availability of MVRTD would also appeal to faculty and staff, thereby lowering our footprint," said Scott Dikeman, dean of Administration.

Despite the public transit plans, Patrick Cote-Abel, president of the sustainability club, is concerned the Rutland housing will add significantly more to the universities carbon footprint.

"I just did some worst case scenario number crunching. If every student had to drive from there to campus every day in a 2015 model car, what would that do? And that worked out to almost 50 million pounds of carbon dioxide released into the air every year, which would require almost a million trees to offset," Cote-Abel said.

A pre-sale of the apartments will take place on March 23 in the informal lounge.

Brock loves local business

NICK BLAISDELL / SPARTAN CONTRIBUTOR

Randy Brock, candidate for Vermont lieutenant governor, showed great enthusiasm for the idea of keeping Vermont businesses in Vermont. He stressed the importance of Vermonters and their love of the state. Brock encouraged those in attendance to use such pride to encourage the longevity of Vermont born businesses. Republican Club member Zach Cambell addresses Brock.

Women face tough non-conference schedule

By Casey McGraw
Castleton Spartan

Castleton's women's lacrosse team kicked off the 2016 campaign with a convincing 15-4 rout over Western Connecticut State on March 5 at Spartan Stadium. Seniors Brandi Whittemore and Maria Ploof led the way with four goals apiece while Brianna McKay chipped in two goals to compliment her four assists.

Junior midfielder Raquel Heitor provided the majority of the Colonials' offense with two goals and an assist in the defeat.

The Spartans hit the road for their second game of the season as they traveled to tenth ranked Tufts, falling 23-5 despite a strong start. Brandi Whittemore tied the game at one with a free position shot, but Tufts would prove to be too much as they sparked a 12-0 run before Brianna McKay found the net for the Spartans.

"The best part about a loss is the amount of knowledge you can learn from it as a team," junior midfielder Ashley Pelkey said. "I think the loss to Tufts allowed us to see some flaws in our play."

Brianna McKay's four goals weren't enough as Castleton fell to Western New England on March 10 at Spartan Stadium. The Golden Bears went on a 5-0 spurt and created some space, but the Spartans wouldn't go down without a fight. Maria Ploof and Grace Johnson both netted two goals to contribute to a Castleton run that cut the deficit to 8-7.

The Spartans hung around in the second half but couldn't manage to tie the game as the Golden Bears used a five-goal performance from Tori Cirocco to overcome the Spartans.

An overtime goal by Carly Sheehan capped off a five goal comeback by University of New England on Castleton's home turf on Wednesday, March 16. The Spartans led 10-5 with just over 14 minutes to play before the Nor'easters fought their way to overtime.

Senior goalie Megan Els tallied a career high 22 saves in the loss.

"We owe so much to Els," Pelkey said. "A lot of our successes have been because of her, she's a solid rock for the team and she stands on her head everyday for us with no hesitation."

Brandi Whittemore's career high seven goals helped the Spartans take down Worchester State, 16-13, and the Spartans improved to 2-3 with the road win. The senior also provided two assists while surpassing the 100-goal mark for her career. Megan Els was solid in goal once again stopping 20 shots, making it her second straight game with at least 20 saves.

Castleton will look to get back to .500 on Thursday when Plymouth visits Spartan Stadium at 4:00pm. Plymouth enters the game at 3-2 coming off a 20-6 loss to Franklin Pierce in Bayoman, Puerto Rico.

The Spartans will have another quick turnaround as they open up conference play by hosting Thomas on March 26 at 2:30 pm.

When asked what the team needs to improve on going forward, senior Brianna McKay has an interesting response.

"Mental toughness is our number-one focus. We've had some tough games that have shown both our weaknesses and strengths. Being able to move on and become better as a whole is important to all of us," McKay said.

Pelkey says team chemistry has been a strength in the early going.

"Everyone gets along so well and I feel a stronger sense of trust on the field than I have in the past," Pelkey said.

ASHLEY CALLAN / CASTLETON SPARTAN

Maria Ploof, left, battles for possesion with U. of New England defender Olivia Carpenter, right.

D-III week arrives

By Casey Mcgraw
Castleton Spartan

Expect Castleton University's campus to be even more lively than usual from April 4-8, as Castleton joins the entire nation in celebrating D-III Week. The week-long festivity will serve as a reward to Castleton's nearly 500 student athletes, but also spread awareness as to what Division III athletics is all about.

"The NCAA has set aside one week a year for all Division III institutions to celebrate what student athletes do," men's soccer head Coach John O'Connor said. "It's a chance for everyone to do something across the country, but what you do is up to each campus."

"It's basically a week that focuses on what Division III stands for," Student Athlete Advisory Committee President Ariel Mroz-Brewer said. "We're going to put our own spin on it and turn it into a Spirit Week."

SAAC representatives will speak at the faculty assembly on April 5 to both thank them for their support and also try to help them understand exactly what a Division III athlete endures.

"I don't know if people fully understand the schedules that student athletes go through. I would think more so than not, people think it's like high school and they don't understand the extent of it," O'Connor said.

SAAC has teamed up with the Athletics Communication Department to bring the event to Castleton in a fun, interactive manner.

"Ben Stockwell will tweet a D-III fact of the day as well as Instagram a historical photo of the day that covers all Division III sports, not just at Castleton," Mroz-Brewer said.

There will be a trivia table with giveaways such as t-shirts and other gifts for students and faculty who can answer some of their fun and challenging questions. The table will hold a sheet of questions and if you get one right, you win a prize and that question is then checked off the list.

D-III Week will also have a "Spirit Day" where all student athletes are asked to wear their team gear to show support and raise awareness as to exactly how many student athletes are really on our small campus.

"SAAC also hopes to travel to Rutland and Fair Haven Union High School to talk about what it's like to be a student athlete and not just an athlete," Mroz-Brewer said.

"The idea is to try to get out and connect with the community and tell them what we do," O'Connor said.

Follow Castleton Athletics on Twitter and Instagram @CastletonSports for specific dates and other information.

ASHLEY CALLAN / CASTLETON SPARTAN

Peyton Faasse scoops up the ground ball under preasure in the Spartans game against Mount Ida last week.

CU wins renewed rivalry

Castleton faces Mount Ida for the first time in six years

By Jordan Lumsden
Castleton Spartan

Peter Latulippe saved 17 shots and the Spartans were able to fend off the Mount Ida Mustangs, 15-13 in their men's lacrosse home opener last weekend.

The Mustangs were able to get within one, 14-13, with just over five minutes to play when Chad Coelho took his time behind the net, then hit a cutting Wyatt Sullivan who bounced the shot past Latulippe.

Coelho had an opportunity to tie it with just minutes left, but Latulippe saved the shot from point blank range as Coelho came around the crease.

Mount Ida midfielder Jon Berry scored a game-high six goals on nine shots, while also adding two assists and Alex Zito dominated the X for Mount Ida, winning 20 out of 29 face-offs.

The Mustangs maintained possession for the majority of the half, but had trouble converting because of some bad luck, hitting two posts in the first quarter.

"When they're ragging it around, as long as they aren't actively attacking the net it doesn't matter. If they're taking shots we've just got to back them up," Latulippe said.

Discipline in the offensive end is a key aspect for the Spartans according to coach Bo McDougal.

"We don't care how long we have the ball, as long as we are efficient when we have it," McDougal said

The Spartans capitalized when they had the chance and jumped out to a 4-0 lead in the first quarter. But Mount Ida answered with a flurry of three goals late in the same period after Latulippe was called for an illegal body check and replaced by Romello Lindsey for the one-minute penalty.

The Mustangs continued their momentum in the second. Berry scored twice, completing his hat trick and claiming the lead for Mount Ida, 5-4.

"He had some power on his shot and he could stretch our defense. We're going to play teams that are going to have guys that can do that and it was good to see what we need to do and adjust to fix that," Latulippe said.

> "We don't care how long we have the ball, as long as we are efficient when we have it,"
> -Bo McDougal

But freshman Malik Hines made sure the Spartans weren't behind for long. Just 30 seconds later, the defenseman caught the clear pass, ran down the length of the field and fired a shot from 30 feet out that beat Hayward for his first career goal and tied the game, 5-5.

"He sent it for the boys, to say the least," said defenseman Mack O'Connell on his teammates goal.

Hines' goal ignited the Spartans on a 7-1 scoring run, pushing the score to 11-6 halfway into the third quarter.

The Mustangs were able to get within one late in the fourth, but aggressive defense from the Spartans and clutch goaltending from Latulippe sealed the victory.

"When he makes those saves you feel relieved almost, especially the ones up on the crease. When he comes up with those balls it reignites a fire and you keep going," O'Connell said.

This is the first meeting between programs since the 2010 North Atlantic Conference Championship, when Castleton won 11-5 to claim its first NAC Championship in school history. Mount Ida switched conferences the following year.

"We have some amazing wars against Castleton," said Mount Ida coach Andrew Fink.

The two teams met in seven consecutive NAC title games between 2004 and 2010. The Mustangs won six of the seven contests before losing their last meeting in 2010.

"Consistently for seven years, this was life, Mount Ida vs. Castleton," Fink said.

Mount Ida falls to 3-3 while Castleton improves to 2-3. The Spartans will face conference opponent Thomas College at 1 p.m. on March 26 at Spartan Stadium.

Giving doubles a whole new meaning

By Isaac Devoid
Castleton Spartan

The Castleton men's tennis team has started out the season in impressive fashion, and a number of two-sport Spartan athletes are to thank.

The Spartans have relied on several two-sport athletes to find some success early this season, including four members of the hockey team, one from the alpine skiing team, and a football player.

So what is it that has allowed the two-sport athletes to compete at such a high level on the court?

For dual sport athlete Ryan Mulder, hockey and tennis, it is all about mental toughness.

"We've been in stressful situations and know how to get through them and produce," he said.

Mulder is 1-0 this season when playing with his doubles partner Trevor Hanna, who is also a member of the hockey team. He feels the two have great chemistry from playing together on the ice.

"I feel comfortable out there with Trevor. I know his tendencies and attitude pretty well," Mulder said.

But Mulder and Hanna aren't the only two Spartan hockey players competing on the court this season.

After missing last season hockey and tennis seasons with a back injury, junior Kevin Rosset has contributed on the court by going 2-0 thus far in singles.

Rosset feels the presence of two–sport athletes has added some competition within the team.

"I believe we have a good group of competitive guys, and it helps bring adversity and challenges within the team to compete for a spot," he said.

Among these competitors is football standout Soren Pelz-Walsh, who is excited to have the opportunity to play.

"Tennis provides the chance for us to continue to compete. Many of us grew up playing multiple sports and we do not want to go through the entire year with only one season," he said.

The Spartans want to continue competing and feel that they have the ability to this season.

"Right now were ranked second, but I think we can challenge Colby-Sawyer for first place and the conference championship," Mulder said.

Other two-sport athletes include men's hockey goaltender Brody Wagner and alpine skier Andrew Overton.

Quentin Barthe, Seth Marcil and Tyler Wilcox have also added a great dynamic for the Spartans, and look to anchor the team.

COURTESY OF CASTELTON ATHLETICS

Kevin Rosset runs to return a shot in a match earlier this season.

COURTESY PHOTO

Simona Croccolo, left, and Connor Kelley, right, helped Castleton to a first-place finish in regionals earlier this month.

Record setting season

Men and women sweep regionals, place high at nationals

By Jake Looman
Spartan Contributor

Despite an unseasonably warm winter with almost no natural snow, the Castleton Men's ski team entered the postseason finishing third overall in the MacConnell Division – and only improved from there.

The Spartans claimed the top overall spot in the giant slalom on the first day of Eastern Regional Championships, placing racers in first, sixth, 11th, and 13th places.

But it was the Eastern Regional giant slalom champion that shocked many.

It was first-year transfer skier Connor Kelly.

A very strong graduating class last season left the men's squad wondering how it would stack up against the competition this season.

"Losing Pat Burke, Ben Hannah, Karl Robicsek, and Vincent Corrado really had us and everyone in the division wondering how our season would go," head coach Chris Eder said.

A combination of Kelly and freshman Christopher Yopp proved to give the Spartans the depth they needed throughout the season complimenting veterans Matt Couture, Tyler Smith, Gordon Mason, and Brendan Drexler.

"It was a very good surprise to come in and see these guys perform well beyond what we expected," Couture said.

In the following day's slalom event, the Spartans finished second, led by Couture's second overall finish, followed by Smith in ninth and Yopp in 12th.

The Castleton men finished first overall in the combined, earning the title of USCSA Eastern Regional Champions.

National Championships took place at Whiteface Mountain in Lake Placid, New York. Couture led the charge for the men, finishing 22nd overall in the giant slalom, and sixth overall in the slalom, placing him 14th overall in the combined, enough to be named an All-American for the third straight year.

The Spartans finished sixth overall out of 22 teams, which given the uncertainty of the start of their season, was considered a major success.

The Spartan women entered the season with a motive, and with the talent to back it up.

Since Castleton joined the MacConnell Division in 2012, Brown University has won every single regular season race, a streak of 46 consecutive wins.

On Feb. 19, that streak was broken.

"For the women, it was really a year of firsts," Eder said.

> "I'll say this about the women's team. This is by far the best women's team we've ever had, I mean, we won regionals and beat Brown in the regular season. No other Castleton team has done that before,"
>
> -Chris Eder

The team had a drive that went unmatched all season.

"This group wanted to win. We were really focused every race. Even in the preseason with workouts, it was way more focused than in the past," senior Co-Captain Simona Croccolo said.

The freshman pair of Linn Ljungemo, from Sweden, and Anna-Julia Storch, from Germany, had consistent finishes throughout the season, giving the team a solid core group of four top finishers including Croccolo and Co-Captain Lisa Davis.

"I think everybody was willing to put in the work. And I think that it just came down to who could perform better," Davis said.

Beating Brown was just the start of this team's momentum.

The following day, in a two-event slalom at Pat's Peak, both Storch (7th) and Ljungemo (8th) cracked the top 10, with an impressive finish from freshman Kirsten Kruk (10th) while Davis and Croccolo rounded out the 14th and 15th spots, good enough for second overall in the first event.

The second race of the day had a similar feel, Ljungemo (6th) paced the squad, followed by Croccolo (10th), Meg O'Shea (11th) and Davis (14th), which placed them in third.

The real history was made on Feb. 27-28, when the Castleton women swept USCSA Eastern Regional Championships.

In the giant slalom, Davis led the team with a career-best third place finish, while the freshman duo of Ljungemo (5th) and Storch (6th) were hot on her heels. Croccolo had an impressive day as well, being the fourth Spartan to finish in the top 10 with her 10th-place finish.

The next day in the slalom, Ljungemo (2nd) and Storch (3rd) both found themselves on the podium, while Kruk was just off the mark in fourth place. Davis (7th) and Croccolo (8th) were the fourth and fifth Spartans to finish in the top ten and secure their overall Regional Championship victory.

Eder was pumped, as any coach would be.

"I'll say this about the women's team. This is by far the best women's team we've ever had, I mean, we won regionals and beat Brown in the regular season. No other Castleton team has done that before," he remarked.

At Lake Placid for USCSA National Championships, the women placed seventh overall in the giant slalom. Ljungemo led the charge with a 19th place finish, followed by Davis (28th), Storch (35th), and Croccolo (37th).

In the slalom, Ljungemo was again the top finisher, ending the day in a three-way tie for 12th place. Davis (18th), Croccolo (19th), and Storch (20th) finished all in a pack to help secure the team's fifth place finish.

The squad would end up finishing sixth overall in the combined, with Ljungemo earning All-America honors in both the slalom and the combined.

This finish, much like the men's team's, was seen as a great accomplishment by everyone on the team.

Both teams credited all of their success, not to the fastest times down the hill, or to getting lucky when other teams had poor results, but on the sense of family they had and their incredible coaches.

Senior Tyler Smith felt that there was a real sense of camaraderie this season that had not necessarily been there in the past.

"I would say we are definitely more of a team. In the past few years there were a couple individuals who kind of got all the attention, but this year it was more focused on the team, aside from what the top guy was doing every race," he said.

Co-Captain Drexler echoed Smith's comments.

"This year's team had great chemistry on and off the snow. We were always helping each other out," he said.

There was a similar feeling on the women's side as well.

"Qualifying for nationals four years in a row was so exciting, and getting to share that with your teammates made it so much better," Croccolo said.

When asked about coaches Eder and Dale Solotruck, every athlete smiled with admiration.

Eder was a former skier and then an assistant ski coach at Green Mountain College, while Solotruck was an assistant ski coach at Dartmouth College and was part of the staff that won the NCAA Divison I National Championship in 2007.

COURTESY PHOTO

Members of the men's and women's ski team pose during Nationals at Whiteface Mountain in Lake Placid, New York.

Women's season haults in semifinal

By Brock Pollard
Spartan Contributor

The Castleton women's ice hockey team had quite an impressive season this year, even though it ended on a sour note. After falling to University of Massachuessettes-Boston in the New England Hockey Conference semifinals, they finished the season 17-8-2 and 11-5-1 in conference play. The Spartans recorded a program record 17 wins after passing the 16-win season in 2013-14.

"None of us will forget what we accomplished and the records we broke. It didn't end how we wanted it to, but we can still appreciate what we did and be proud of that," said senior goaltender Jess Cameron.

With a small roster of only 21 players, the Spartans came together as a team to win some crucial games throughout the season. The small roster provided strong connections and chemistry amongst the team.

"When you get to play with your best friends everyday, it's a lot more fun playing for each other," added Cameron.

That chemistry lead to the program hosting its fourth consecutive NEHC quarterfinal game against Plymouth State, winning 3-0.

Senior forward, Taylor Steadman, led the Spartans with 21 points on the season notching 15 goals and six assists. Freshman Aimee Briand finished second on the team in points with 19, scoring six goals and dishing out 13 assists.

Castleton women's hockey alumna, Emily Raber, was extremely proud of the team that she continues to support.

"Each girl contributed different skills and assets to the team that brought success, and I'm excited to see the program continue to grow," Raber said.

The Spartans endured six overtime games during the season, with a record of 3-1-2. Their only overtime defeat was to UMass.-Boston, and ultimately their last game of the season.

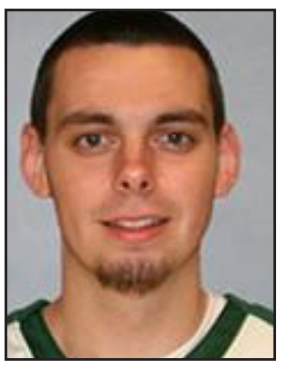
"Was it really six? That's awesome," said Cameron in shock.

The Spartans graduate six very important seniors this year. Jess Cameron, Rachel Elliott, Rachel Bombardier, Anna Daniels and Steadman departing will make it tough for Coach Steph Moberg, who is entering her third season as head coach, to fill.

Moberg was not available for a comment on the season.

ASHLEY CALLAN / CASTLETON SPARTAN

Forward, Taylor Steadman looks to shoot in a game against Norwich earlier this season.



It's all about the Madness in March

By Casey McGraw
Castleton Spartan

I've never been more excited for March Madness and I think it's because I'm clueless. And so are you. I can't remember an NCAA Tournament that was more wide open than 2016 and it will undoubtedly have me glued to my Vizio for the next three weeks.

I'm typically not someone who gets caught up in brackets and pools. I'm no Mike Golic with my "sheet of integrity" nor am I the kid you went to high school with who suddenly takes on the whole Dick Vitale persona. The brackets are fun, but don't put too much pressure on yourself to predict the insanity that takes place in March.

And with no further adieu, I try to predict the insanity that takes place in March.

So let's take a look at the one seeds.

Kansas has losses early in the season that aren't flattering. Oklahoma State by nearly twenty is glaring and that can give a desperate team hope in the tournament. Yet with all that trouble early, they haven't lost in a month and a half.

I like the way Miami has looked so far and Angel Rodriguez reminds me of the way Shabazz Napier played when he led UCONN to the championship a few years back. Villanova can be a threat but I think Kansas has far superior athletes.

And now, coming out of the west, we give you… Oregon. Yeah you heard that right, we're not talking football. This might be the most deflating one seed in my existence. I feel my inner Stephen A. Smith creeping up and I think it's justified. This squad lost to teams like Nevada and Boise State.

Oklahoma passes the "eye test" for me and they have the star power in their loaded backcourt of Buddy Hield and Isaiah Cousins. I'm not ready to write Oregon off yet, but I think that says more about the uncertainty of the field than a compliment to the Ducks.

Man, does it feel good to have Carolina back at a one seed or what? Maybe that's because I'm a lifelong member of Tar Heel Nation, or possibly there really is some truth in that.

Kansas, Carolina and a tough Virginia team make this look a little like the early 2000s. My unbiased opinion of the Tar Heels is that they will be tough to be upset because they have such a consistent presence inside. That being said, I don't think they are great and there are potentially better teams in that bracket. Kentucky falling to Indiana will help the Tar Heels and makes the road to Houston a bit easier.

Virginia probably has the easiest path. Michigan State getting stunned by 15 seed Middle Tennessee should make the path to the final four a breeze. Please note "should" being the key word. I really don't think Iowa State has shown that they have it in them and Utah getting pounded by Gonzaga helps Tony Bennett and his club.

And now back to reality.

March Madness is the best time of the year in all of sports because of the lunacy that takes place every single day. Every moment is unpredictable and the stories are tear jerking.

Don't be afraid to jump out of your seat for the underdog even if it means your bracket is officially busted. Sit back, relax and enjoy the Madness.

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday April 13, 2016 CastletonSpartan.com Castleton, Vermont

Wellness Center conducts condom survey

By Lacy Parmenter
Castleton Spartan

Don't be silly, wrap your willy. No glove, no love. Wrap it in foil before you check their oil. Don't be a fool, cover your tool. Wrap your bait before you mate.

These are all common phrases used by sex educators to remind students to practice safe sex.

The Wellness Center has been an outlet for students to practice safe sex by offering condoms at a more affordable price than drug stores. However, sales haven't been the greatest due to the fact of that the brands offered are unknown brands to the student population.

In response to this problem, Jamie Bentley, coordinator of Campus Wellness Education, created a survey on which brands of condoms students would like to see in the safer sex supply store.

Vidavanh Xapilak, Bentley's work study student, has the task of refilling the supply each week. Xapilak was the one hearing around campus that students think there is something wrong with the condoms because they are "discounted."

That ultimately prompted the survey.

"They are perfectly good condoms. I'm just able to buy them at a discounted rate therefore selling them at a discounted rate," said Bentley.

Bentley works closely with others including helping community advisors like Shania Brown with programs. Brown has teamed up with Bentley in the past for programs such as "Sex in the Dark" and "Sex and Chocolate."

Brown entered a Trojan contest to win a supply of condoms for her candy and condom bowl that she passes out to residents. She and two other community advisors were three out of 200 people to win.

"I heard Trojan was having a contest so I thought I would go for it. I chose to enter so that I could promote safe sex throughout my building as often as I could. So it definitely helped in winning a box of 500!" Brown said.

The Wellness Center is hoping awareness of their condom brands will ease students' minds and lead to more being distributed.

See Trojan Page 6

Endearing words and memories shared

By Callie Ginter
Castleton Spartan

When his tent was about to blow away by 90-mile-per-hour winds in 6-degree weather, he laughed. When her best friend's mother was scolding her best friend and slapping her with a pair of socks, she laughed.

Do they sound crazy?

Maybe a little.

But they were best friends, who always made the best out of the worst; who will be remembered for always laughing, always smiling, and always being exactly who they were, and nobody else.

Caleb Kinney and Samantha Forrest were two Castleton students; Kinney graduated in 2013 and Forrest was a senior this year studying exercise science.

Forrest and Kinney both died Saturday, March 19, along with their friend Andrew Laramie, 26, when they struck a tree on Drake road.

And although he will no longer be seen on the rock-climbing wall, or she excitedly flailing her arms around campus or Fishtail Tavern, friends and family say their presence will always be with us.

President Dave Wolk hosted Forrest's funeral at his home Thursday morning. Junior Jake Grinbergs beautifully played "I Giorni," by Ludovico Einaudi as Wolk's house filled with family, friends, students, professors, faculty, staff, and Forrest's dachshund, Lena.

See Funeral Page 6

SARA NOVENSTERN / CASTLETON SPARTAN

Family, friends and her dog, Lena, gather at Castleton University President Dave Wolk's home to pay respects to Samantha Forrest on March 24.

91 years of knowledge

By Jadie Dow
Castleton Spartan

Bob Duch sat in class, ready for it to begin. He had three pencils lined up alongside the book the class was reading and a binder filled with papers. As soon as the professor walked in, Duch slid out an article he found about the author of the book, as well as some notes he took about it.

Truly an exceptional student, he sat in class listening to his peers for as long as he could.

"I'm sorry, I can't stay quiet any longer," Duch said passionately, and proceeded to tell the class about the article he found.

Every head snapped to attention when Duch spoke. Everyone in the room seemed to hang on his every word because he had life experience to contribute to the class.

Duch is a non-traditional student, but perhaps a little bit more non-traditional than others.

He's 91 years old.

After earning a bachelor's degree from the University of Connecticut in 1949 and a master's from Yale in 1951, his schooling in economics led him to a life working in insurance and raising his kids with his wife Ruth. Mr. and Mrs. Duch raised their family of five in New Jersey, and then moved to Rutland 10 years ago to be closer to three of their daughters.

Because Duch is over 60, he is able to attend Castleton University for a mere $50 per semester, as long as there is room in the classes he wants to take. He has to get special permission from the professors, and does not take the classes for credit.

He is really just in them to learn.

He praised all of his professors, including Richard Clark, Carrie Waara, and Judy Robinson.

"I love to hear the subject matter taught by someone who knows what they're talking about," Duch said.

Duch said he has loved every class he has taken, but one that sticks out was Roots: A Historical Perspective, taught by Waara.

Waara stated that she loved having him in class, and the students loved him as well. At the beginning of the semester, there were a few students who gathered around his desk by the window before class began to discuss the previous night's readings.

As the semester went on, more and more students gathered around him, until nearly the entire class was standing at attention, according to Waara.

"It was great having him in class. He was able to stimulate historical empathy. He provided little insights about different time periods that we don't think about, because he was there," Waara said.

SARA NOVENSTERN / CASTLETON SPARTAN

Bob Duch, and 91-year-old non-traditional student, speaks during a lecture while students listen attentively.

Clark, an associate professor Duch is taking a class with this semester, had similar views.

"Honestly, he probably brings more to the class than he takes away. It makes us fortunate to have him there. We forget why diversity is important. It brings viewpoints that enrich the conversation," Clark said.

Duch is a World War II veteran, having served with the Army Air Care.

"Back in the day, after the war, we were all just concerned about getting home, marrying our sweethearts and getting jobs. In any judgement we make, we need to put ourselves in that situation," Duch said.

And that's what he does for his classmates. He allows the students to see things from different viewpoints.

"He's a pretty smart guy. It's great because he brings personal experience and useful anecdotes to the classroom about things that we'll never go through," said fellow student Dustin Lewis.

Another classmate, Caedin Ostrow, felt the same way.

"It's almost like having another professor. We have one, who has mastered the material, and then Bob, who has lived through it. He brings so much to the class," Ostrow said.

It has been over 60 years since Duch got his master's degree. Many things have changed in economics since he was in school, and a lot of his motivation to return stemmed off of that.

SARA NOVENSTERN / CASTLETON SPARTAN

Duch routinely leads discussions during his American Political Thought class.

A big fan of reading, Duch said he read all of the literature about the "financial debacle" in 2008. Economics is a passion of his, and he wanted to be around people who like to talk about what he likes to talk about.

"As you get older you think you're getting smarter, and then you come to college and find that that's not true," Duch said.

After meeting him in the Rutland airport last October, Professor Lillian Jackson found Duch intriguing and wanted to get to know him better.

"He's just such an interesting guy with an interesting story. I always see him underlining things in his textbooks. He just felt that he needs to brush up on things, and I think that's so great. I love chatting with him when I see him in the hallways," Jackson said.

So what's Duch's favorite thing about Castleton?

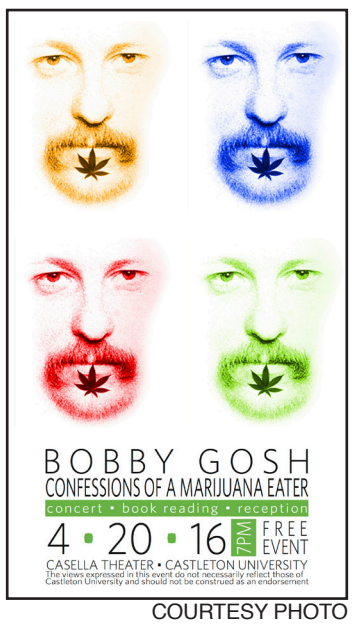
He loves the library, the professors and the ladies in admissions.

"I love them. They take care of me. I don't like to fill out paperwork, and they do all they can to help me," Duch said.

Waara tried to hire him as a proctor for her class since he had so much experience, but he politely declined, saying he had more classes he would like to take.

"I'd like to take everything," Duch said.

Soundings : "Confessions of a Marijuana Eater"


BOBBY GOSH
CONFESSIONS OF A MARIJUANA EATER
concert • book reading • reception
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The views expressed in this event do not necessarily reflect those of Castleton University and should not be construed as an endorsement

COURTESY PHOTO

By Peter Kazakis
Castleton Spartan

If you didn't have plans for 4-20 this year, you do now.

If you're a Soundings student planning your last events to attend, you'll even be able to get two birds stoned at once – by attending Bobby Gosh's Soundings event on April 20 titled "Confessions of a Marijuana Eater."

Professor Phillip Lamy says besides performing, the Grammy winning Gosh will be talking about "his story, all the famous people he knew, famous things he did, as well his songs, bands, famous commercial jingles and movie music; he conducted famous orchestras, things like this."

But since Gosh was 16 years old, he was using marijuana.

"He was always in the closet, so with this book, he is really coming out of the closet," Lamy said, adding that Gosh is essentially saying "by the way, I was a musician and marijuana was a major part of my life and I want to talk about that."

Gosh, reached by phone, said he is excited to be speaking at Castleton and said he hopes students are receptive.

"The concert's going to be something new, something you don't see every day: instead of just being a concert or a book talk, it's going to be a combination of both," he said.

Gosh is even going to play his beautiful baby grand piano on Casella's stage. He will perform, present, read excerpts from his book, and most of all share his views on life – and consuming pot not by smoking.

His book has been in the making for three years now, Gosh says. And the Soundings event will most likely draw just as many students as "The Marijuana Debate" Soundings event did in October 2013.

In his lengthy career, Gosh has opened for Billy Joel in the 70's, for Barbara Streisand in Central Park in front of a quarter-of-a-million people, and soon he'll be at Castleton. His biggest hit was "A Little Bit More" with Dr. Hook, which went worldwide and has been recorded by many different singers thereafter. His musical work has also been in over 200 commercials.

> "The concert's going to be something new, something you don't see every day: instead of just being a concert or a book talk, it's going to be a combination of both," -Bobby Gosh

So how many people are really "in the closet" about their marijuana use?

Senior softball and volleyball player Brittany Brayman says she knows many athletes at Castleton who use marijuana and perform well in their respective sports.

"I know someone who has ADHD, and they use it as a way to calm themselves down, instead of a prescription drug," she said.

For a lot of athletes that Brayman knows, the herb is "more of like a calming-thing for them to use before they play or practice."

Lamy said the cat is out of the bag, that every day people use marijuana as part of a healthy and balanced lifestyle.

Brayman says she thinks marijuana legalization could be good, simply because "everyone's doing it anyway, we might as well put rules in place to make sure it's being done safely."

"Confessions of a Marijuana Eater" is set to be wildly entertaining and extremely informative.

If you're thinking of not attending this event, you must be high.

Just don't say the R-word, OK?

Student 1: "I worked so hard on that paper, I really thought I would get a better grade. I feel like a retard."

Student 2: "Oh don't say that, you're not a retard. Your teacher is the one who is retarded! She should have seen how hard you worked on that."

Then they giggle and walk down the hall, going about their days.

What they don't realize is that while they were walking, they passed a student with special needs. Of course, they would never say the 'R' word to that student's face, but this is almost as impactful as that would be.

When the phrase "mentally retarded" was introduced, it was a medical term for people who had developmental disabilities.

This has evolved into a slang word to insult people. The people who use the word retard do not understand how it can impact a person who has struggled their entire lives.

This world does not slow down for people with special needs. They are expected to adjust to societal norms and fit into a way of life that may be difficult for them.

Being taunted and ridiculed is the last thing a person needs to deal with.

The Special Olympics website has started a pledge, and a blog, against using the 'R' word. People from all over have gathered together to share the reasons they do not use the word.

"When 'retard' and 'retarded' are used as synonyms for 'dumb' or 'stupid' by people without disabilities, it only reinforces painful stereotypes of people with intellectual disabilities being less valued members of humanity," an anonymous blogger said.

Honestly, it must be true that anyone who has used the word has never seen how it impacts those with special needs. Seeing the look on my brother's face coming home from school when we were little stopped me in my tracks.

My brother, Tanner Dow, is autistic. He has trouble picking up on social cues and he may not be able to ever live on his own, but he is an inspiration to people everywhere. He is the most genuine person I know, and I know that he would never hurt anyone.

To know that some people still use the one word that could crush his soul is heartbreaking to me.

When writing an editorial, it is advised that the writer give both sides of the argument. But you know what?

There is no other side on this issue.

There is no excuse to use a word that can tear the hearts out of some of the nicest and smartest people to walk this planet.

So maybe next time you catch yourself using that word, picture my brother. A happy go-lucky guy who sees the best in people.

Let him see the best in you.

-Jadie Dow

Fresh Perspective:

Growing up on the D&H rail trail

An open field dotted with Holsteins to my left and an impenetrable wall of conifers to my right let me know I was traveling away from home when I was younger. When I turned back, the cows would be on the right—I reminded myself every quarter mile.

I did not like bridges because bridges are the same on both sides.

The surrounding village seemed so large, the trail so long and I so small.

The uprooted base of a fallen maple and the screeching of an imagined train pursuing headlong—those were the reasons I ran. The Canada geese that pulsed and vibrated from neck to spine to rear, lost control and splayed their tail feathers as they unhinged their bellies from their feet—those were the reasons I walked.

There were many reasons for doing many things, like the time I turned from the safety of the known path onto a broken—possibly imagined—deer trail guarded by half-fallen elms like a series of gatekeepers. The reason being I had to know if I could.

The trail was so straight. Gaining ground was a mirage, especially when the cows were on the right. The trees watched the gravel-way, sternly protective, moms and dads on either side. Keep to the center, they'd urge, the snakes and the opossums watch the edges.

I'd seen it before—probably my fault—the moms and the dads fight. They lean across the trail in the wind, they bend their arms and wrestle in the snow.

I'll stay in the center!

Cows on the right.

Today I walk the same trail, though I am not the same.

A sticky pond to my left is alive with belching bullfrogs. I veer off course and through the trees. I walk the perimeter of the pond—one, two, three—I count out loud the number of sunbathers I interrupt.

My entertainment wanes and I wander back onto the trail.

How dull, I think, the unchanging of it. I can see a mile ahead and the scene remains.

The geese are everywhere, accompanied by ducks, and I am bothered by their pretentiousness.

I see no harmony to disturb. No angry barbarians nor gallant saviors watch my steps. I have no lengths to reach, no lands to conquer, only miles of trail on which to stroll.

For no particular reason, I turn for home. It is all the same.

The briefest thought disturbs my mind. I turn and look.

Cows on the right.

-Will Jacob

Castleton Spartan
CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

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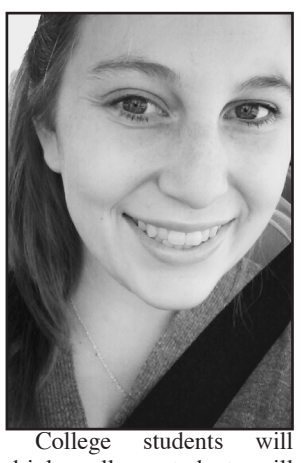
Schools need sex-ed

Sexual Education isn't a requirement in most states, and states that do require it lack information about gender identity, same-sex relationships, consent and female masturbation.



College students will drink, college students will take naps and college students will have sex. While the Castleton Wellness Center might offer a variety of condoms and lubricants, students won't go there if they have been taught that sex is a taboo or weren't taught safe-sex practices to begin with.

While it should be obvious in the year 2016 that sexual education is important, according to the National Conference of State Legislatures, only 22 states and the District of Columbia require public schools to teach sexual education and only 19 of those require the curriculum to be medically, factually and technically correct.

Vermont, one of the most liberal states, does not require any kind of sexual education to be taught and many students go without factual information.

Even states that do require sex ed often leave out important topics like gender identity, sexual identity and, the most obvious in my opinion, that sex of all kinds and masturbation can be pleasurable.

At my high school in Massachusetts, a state the requires factual sexual education, we learned the parts of male and female genitalia, a lot about sexually transmitted diseases, how men masturbate, how babies are conceived and how to use protection – but nothing about gender identities, nothing about sex between same-sex individuals, nothing about female masturbation, nothing about consent. The result of these omissions is shame and unsafe experimentation.

If this is happening in liberal New England I can only imagine what students are, or more likely aren't, taught in other parts of the country.

Another problem with sexual education is that it needs to be taught at a younger age. More and more middle schoolers are having sex and getting pregnant or getting STDs because they haven't yet had a sexual education class. In the Netherlands, sex education is started in kindergarten with age-appropriate information, adding more during each year of schooling. This process teaches good practices from the very beginning and helps children grow up comfortable with themselves and knowing what makes a safe and healthy relationship.

According to dosomething.org, three in 10 girls will get pregnant before the age of 20 and each year there are roughly 9.8 million new cases of sexually transmitted diseases among 15-24 year-olds. In the Netherlands, however, less than five of every 1,000 Dutch girls will get pregnant before their 20th birthday. That's 0.5% compared to our 30%.

Maybe that's an indication that they're doing something right over there.

Prominent opponents of comprehensive sexual education are evangelical Christians who say it threatens their religious values. While they may not want sex to seem like a fun activity, they should be required to teach factual information in order for their children to feel comfortable with the bodies they have been given and prevent pregnancy if their child does in fact have sex.

Sex education is more important than whether a teen learns how to put a condom on a banana or not. It's about gender identities, sexual identities, boundaries, choices, respecting yourself, discovering your own interests and building healthy relationships, and it is something that needs to be taught at every school in America without question.

-Catherine Twing

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Engagement Fair rocks the community

By Elisabeth Waller
Castleton Spartan

Castleton had it's first Community Engagement Fair in about five years last Thursday and it was a great success.

The fair was in keeping with the University's efforts to get students involved in the community. It's clear that those efforts are paying off. Tables from a total of 39 organizations, topped with promotional materials, sign-up sheets and even cookies filled the Campus Center.

"What we wanted to do is bring these organizations on campus to connect with students and faculty, and they are exited about making that face-to-face connection. When we have our students go out in the community and volunteer and do internships a lot of times it's done over the phone or over email, but this is one-on-one, face-to-face," said Chrispin White, Director of the Robert T Stafford Center for Support & Study of Community.

White organized the event and was very happy with the outcome.

"Their energy is amazing. Everybody who is here from these organizations, they're so excited to be invited to our campus to share in something like this and they're networking with each other, which is really awesome," he said.

The organization types varied widely, from the Rutland County Women's Network and Shelter, to the Rutland Humane Society, to Nature Conservancy to PEG-TV. And they all had different needs.

Freddie Cannon, the Director of the Brandon Boys and Girls Club was looking for a theater arts major to help him put on a play. The Nature Conservancy was looking for someone to help them collect data from 40,000 trees in the Hubbardton area as part of a restoration project.

The one unifying factor among them was a friendly, casual and helpful vibe.

"I think the organizations appreciate it and I think our students really appreciate finding out from the organizations themselves what their needs are," said White.

Heidi Lynch from Vermont Farmer's Food Center was very happy to be a part of the event.

"I'm so glad Castleton is making more of a connection to community engagement. Just in my work it's been really apparent, Castleton representatives are saying we're volunteers or we want to get the students involved," she said.

Senior Mill River student, and soon to be Castleton transfer student Amber Hoisington found many opportunities.

"There's a lot of good set-ups. I signed up for one already and I have other forms to fill out for others," said Hoisington.

There were more people from organizations than students or faculty and White said that wasn't surprising given everything that's happening during this time of year.

"My plan is to have this again in the Fall for returning students, and faculty to come and engage with the organizations. I want to do it a lot more," he said.

ELISABETH WALLER/CASTLETON SPARTAN

Svea Miller stands at the Strides Against Breast Cancer Booth.

Students, skunks and squirrels

Public Safety officers respond to strange calls from students

DAKOTA BEBO/CASTLETON SPARTAN

Student Katie Scholin laughs with Public Safety employee Jess Cameron. Although officers often deal with serious matters, some days the calls can be quite comical.

By Dakota Bebo
Castleton Spartan

When a Castleton University Public Safety officer receives a call, it is answered with fearful anticipation, because they know that on the other end of that phone could be a student who needs their help.

One of the officers answering the phone is Bradley Adair, who has worked at Castleton for over 13 years, first as a student, before then making the transition to full-time officer after he graduated.

According to Adair, there are several common calls that students make on a weekly basis to Public Safety.

"One of the most common calls we receive is the 'my-car-was-stolen' call," he said. "Usually this comes from a frantic student saying that their car was not where they left it. After taking time to calm the students down, I would ask questions like 'do you remember lending your car to any of your friends? Or did someone drive you home last night?' In almost all cases, the students would swear that the car has just vanished from campus. I would then have them ride in the Public Safety vehicle. Then we drive carefully through each lot. In all of these cases, the car has been found."

For student officer Samm Quiser, this kind of call is practically routine, however, on one occasion a few years ago, Quiser received a much stranger, car-related call from an off-campus student.

"She called us because she had locked her key in her car," said Quiser with a slight smile. "So we went down there and were trying to figure out … 'ok so you're not a resident, so we need some way to establish that this is in fact your car.' And so she's looking around the car trying to find anything like pictures of her with her car, anything that can possibly link her to the car. Finally, we just said, well the vin number is visible, what about your insurance?' So she called her insurance and we found out that she needed to update her insurance information. Thankfully enough things matched up that we were able to verify, and you know, help her out."

While the parking lot call is common, according to Adair there is one call that is far more recurring. The "I've-locked-myself-out-of-my-room" call, which many Castleton students should be familiar with. A student locks their keys in their room and then calls Public Safety to have them come unlock their door for them.

Officer Des Desautels, a relatively new addition to Public Safety, recalls a case where a student had been locked out on the balcony of their fourth-floor suite. According to Desautels, the student was fine and passed the time dancing and singing until facilities was able to come to the rescue.

This is not the weirdest call Desautels has received in his short time at Castleton, however.

"This was last December. I had been working here for only a month," Desautels said his face breaking into a smile. "In one of the suites for whatever reason, somebody was trying to dry-freeze a squirrel tail in the community kitchen. I get called down and it was all wrapped up in newspaper and all sorts of cute stuff, and I was like yeah, no, that probably should not be in there that's definitely not – safe."

> "In one of the suites for whatever reason, somebody was trying to dry-freeze a squirrel tail..."
> -Des Desautels

Desautels begins chuckling.

"Of course then the problem became what to do with this thing, and you know, trying to figure out who it belonged to," he said.

While the owner of the squirrel tail was eventually found, according to Desautels this wasn't the first time Public Safety officer had tackled an animal-related incident.

"I was working nights and at about 2 a.m. Sunday morning we had a report that a skunk was IN Adams Hall," Adair said. "I made my way there, entered the front door and the students who had called were on the far end of the hall. They signaled me that the skunk was in a pile of garbage near the recycling bin just to my right. I had the students step back and close any doors in the hallway that they could. I then found a discarded box which was folded flat then slowly removed bags of trash until I could see the skunk. This one was clearly agitated and would throw up his tail at each movement I made. I would have to play this stop-and-go game with it as it would move away from me, then I moved closer, its tail would rise, then I would stop. Using the box which I kept between myself and the skunk, I guided the skunk into the front door area. I was able to shut the door in the hall, then run outside through the back door and open the front door for the skunk. It reluctantly left the building all the time keeping an eye and tail trained on me as it left."

While many of these events might seem silly, it is important to remember that whenever a call goes out to Public Safety, these are the calls they are hoping to get.

Lending a helping hand to students in need doesn't require heavy hearts or strong stomachs.

"I think a lot of the students also forget," said Adair with a solemn look crossing his normally cheerful face, "our main purpose is like customer service, we are here to help out the students as much as we can and that unfortunately means enforcing the rules, but that's mainly, you know, for students well-being."

Three plus two equals a law degree

By Will Chmielewski
Castleton Spartan

Starting in the fall of 2016, Castleton University, working with Vermont Law School, will be offering a new law program called the "3+2 Program." It will allow students to attend Castleton for three years to get their bachelor's degree before being able to attend Vermont Law School and get their law degree in two years.

This project is being spearheaded by Dean Jonathan Spiro

"So just five years after graduating high school, they can be a lawyer, and or work in a legal profession," Spiro said.

This new program allows students to get their bachelor's degree in only three years, instead of the four years it now takes – and as long as they have a high enough GPA and high enough score on the LSAT, they are guaranteed admission into Vermont State Law School and eligible get their law degree in two years.

"Students will do 92 credits at Castleton, then transfer to Vermont law school, the first 30 credits at Vermont Law School from their first year, count toward Vermont Law School, and towards your BA," Spiro said.

Students participating in the pre-law program at Castleton will be advised by Professor Rich Clark, who will also advise the new Pre-Law Club on campus. The club, he said gives students who want to join the program a chance to be with others already in the program. The club would be student driven and would be driven by what the students want to learn and know Clark said.

"It's a chance for kids who want to go to law school to share experience, give them chance to study for LSAT together. I hope it will give students a shared ambition, give them a chance to experience it all," Clark said.

Clark stressed though that any students in any major can join the Pre-law Club and the new pre-law program, but for some majors such as nursing or music as it would be near impossible to get a nursing or music degree in three years. Spiro also the programs that have confirmed that they will do the program so far are, economics, English, environmental studies, geography, global studies, history, philosophy, communication and political science.

One student looking into law school after she graduates is Frances Okutoro. She see this new program as a plus for the university and a way that students can gain more success after graduating Castleton.

"I think it will be a great addition to Castleton as students will be able to graduate early," she said.

A childhood game made real

By Lacy Parmenter
Castleton Spartan

The 1787 room filled with Castleton students playing the "Game of Life" that flashed each of them back to little kids playing the classic board game.

But this game came with bigger responsibilities.

The second annual, "Game of Life" event at Castleton University taught 115 students how to participate in the next chapter after graduation. Career Services and the Academic Support Center teamed up with Heritage Family Credit Union to show them the importance of managing finances.

"We just really want students to realize the importance of financial planning and literacy, and just know what to expect," said Renée Beaupre-White, director of Career Services.

Carrie Allen, from Heritage Family Credit Union, said she wants to make this game as real life as possible.

"It's really, really, really important because ultimately people need to be their own financial advocate in order to be successful," Allen said.

She said she has seen many times where people are in the credit union trying to fix mistakes they didn't even know they were making at the time.

"It's so much better for everyone involved if we can get ahead of that and teach them and help them learn, help them understand there are no taboos or bad questions. We want people to know we're a resource," Allen said.

Katie Haseltine, financial literacy assistant and event planner, was this year's student ambassador and had a huge role in developing and planning since January.

"Overall, we were on track with just about every aspect early on and that helped us to adjust to last-minute tasks that came up. I was really pleased with the end result and honestly proud of myself for being able to pull it off while keeping my academics up," Haseltine said.

Kelley Beckwith, director of the Academic Support Center, was happy to see the students becoming engaged.

"We want people to think what their financials will be like after college," Beckwith said.

Groups of people gathered to wait their turn for the three rounds of play. They got the instructions for the game and the rest was up to them. The first mission in the game was to choose a major similar to their own, find out the annual salary for a job in their field and discover their credit score.

Next students had to visit required tables representing costs like housing, transportation, clothing, food, furniture and nightlife. Some of the optional tables were for costs associated with pets, fitness memberships and part-time jobs.

ASHLEY CALLAN/CASTLETON SPARTAN

Senior Emma Faucher talks with Allison Sibley about the cost of pets at the "Game of Life" event last week.

Another requirement in the game was the wheel of reality. It could hurt you in the game or it could help you. There were unforeseen car repairs on the wheel that would reduce their spending allowance, but some were lucky enough to get promotions of $200.

"They're stressed. They don't realize how expensive everything is," said volunteer Eric Decker.

See 1787, Page 6

Students travel to Iceland in the name of geology

By Chris Cesario
Castleton Spartan

Students in geology professor Helen Mango's "Iceland: Fire, Ice and Legends" course will be traveling to Iceland after graduation this year to continue their studies.

On May 9, Mango and librarian Sandy Duling will lead this class on a flight to Reykjavik, the capital of Iceland, to study local geology and Icelandic literatures. They will return on May 17 after their nine-day excursion.

It marks Mango's fourth trip with students to the country.

"Iceland is like a candy store for geologists!" Mango said.

She went on to say how it is a location where some of the most fascinating geological features can be found. Incredible displays of natural beauty caused by the tectonic plates under the country include the famous Helka and Grímsvötn volcanoes, as well as the many local geysers and hot springs.

The class will also be visiting Vatnajökull, the largest glacier in Europe.

After being asked what she wishes to achieve through this trip abroad, Mango responded, "Sandy and I want to introduce the students to traveling because many of Castleton students have never been outside of the United States and with Iceland being a safe place that is also only a four-and-a-half-hour plane flight, we would love to show them how wonderful international travel is."

Students are excited at the opportunity.

"At first I only signed up for this class because of the trip to Iceland originally thinking it'd be an easy way to go Europe, but it's become a lot more than that now," said Casey Jacques. "After learning everything that I have so far in this class, I think it'll be amazing to witness exactly what we've been talking about up close and personal while I'm there."

Classmate Julie Potash agreed.

"It'll be a great experience, I've always wanted to study abroad but didn't want to start off by doing a whole semester," says Julie Potash. "I'm studying in the southwest next year, so I thought taking this short nine-day trip abroad will help me get comfortable being away for an entire semester."

COURTESY HELEN MANGO

Pot benefits?

By Peter Kazakis
Castleton Spartan

Currently, the fastest human in the world runs at a top speed of approximately 27.79 miles per hour. This Jamaican Olympic sprinting champion, Usain Bolt, has used marijuana.

Considered strongly as the best Olympian of all time, swimming champion Michael Phelps has won the United States a total of 22 Olympic medals and – 18 of them were gold. Phelps has used marijuana.

Cy Young award winner Tim Lincecum was booked in 2009 for misdemeanor marijuana possession of three grams in Washington State. He was stopped while driving and caught with the sticky stuff and a pipe. Following that MLB season, Lincecum was named Sporting News National Pitcher of the Year for the second-consecutive year.

The fastest man, the best swimmer and an MLB Pitcher of the Year winner all have used pot.

But the list continues.

Ricky Williams recorded 10,000 rushing yards in the NFL, but his outspoken nature regarding the benefits of the certain earthly herb nearly cost him his career.

WWE wrestler Rob Van Dam wrote, in an article for Cannabis Culture Magazine, "I personally know boxers, body builders, cyclists, runners and athletes from all walks of life that train and compete with the assistance of marijuana, but they might not be comfortable sharing this information."

Normal, everyday people

But, it's not just the athletes using marijuana.

Senior nursing student Rachel Douglass says she absolutely knows successful, intelligent people who use marijuana in their daily lives.

"One of my best friends is a lawyer in the Bronx, a public defender, and she uses marijuana on the regular," she said.

Douglass says when she consumes marijuana it helps her focus and think deeper into a topic.

Professor Phillip Lamy is a professional who knows countless successful adults and workers who consume marijuana and enjoy its physical and mental benefits. He says he could probably list 100 people who use the drug and lead happy and healthy lives.

"I know a number of professors that are regular marijuana consumers. And doctors, I have a great friend of mine who is a highly experienced, veteran nurse in the Rutland region who uses. Many nurses are in favor of legalization so that more research can be done," he said.

Lamy said nurses "run into clients who prefer to use marijuana rather than the prescription drug."

Pot, science and medicine

In a 2004 study by Spain's Complutense University, the department of biochemistry and molecular biology found that cannabinoids "kill glioma cells selectively and can protect non-transformed glial cells from death. These and other findings reviewed here might set the basis for a potential use of cannabinoids in the management of gliomas."

Gliomas (in particular glioblastoma multiforme or grade IV astrocytoma) are the most frequent class of malignant primary brain tumors and one of the most aggressive forms of cancer.

A 2014 study by Rostock University in Germany set out to discover what effects cannabinoids have on lung cancers. The medical scientists found that cannabinoids increase lung cancer cell lysis. Cell lysis is the breaking down of the cancerous cell membrane.

Marijuana has been found to possibly help fight brain cancer and lung cancer, but that's not all.

Many studies are now providing more evidence that marijuana's cannabinoids work to fight many different forms of cancer, including even skin cancer and blood cancer.

Pot myths struck down

Professors Brendan Lalor and Lamy recently coauthored a commentary on pot legalization, which soon will be featured in the Rutland Herald. In the article titled "Marijuana Health 'Experts' Disappoint," the Rutland and Castleton residents eloquently strike down a handful of common marijuana myths.

The two professors, citing boatloads of recent scientific evidence, say pot does not make you lazy, pot does not make you less intelligent or lower your IQ, is not physically unhealthy for you, does not make you dangerous and – here's one you hear all the time — is not a gateway drug.

Rather, as Kimberly Cheney is quoted in the report as saying, "Marijuana prohibition is a true gateway to other drugs, not marijuana itself."

If finding out more about these benefits and truths regarding pot sounds interesting to you, Lalor and Lamy are both happy to forward anyone of the Castleton community their new coauthored commentary.

CU's decades of social work

CATHERINE TWING/CASTLETON SPARTAN

Social work professor Lillian Jackson stands in front of bulletin board showing pictures of past and present social work students.

Editors note: This is part two of a series of stories on Castleton's reach into the community.

By Catherine Twing
Castleton Spartan

While the Castleton University campus may only stretch 165-acres, students can be found working all around Rutland County in schools, hospitals, health centers and social service organizations.

The social work program has been sending students into the community for field work since its initial accreditation in 1972 by the Council of Social Work Education, according to Lillian Jackson, social work program director and field director.

Students in the social work program must complete 400 hours of field work during their undergraduate education in order to attain a Bachelor's of Social Work.

"It is in some ways the crown jewel of the program," said social work professor Luther Brown. "Students can't wait until they are in the position to apply all the skills and methods and knowledge."

Castleton students are required to complete an early field placement before their senior year, and then spend two days a week intensively working in the field during their senior year where they will have their own case-loads and clients.

The Howard Center Park Street Program, a residential program for youth with sexually harming behaviors is an organization that has been welcoming social work students since its beginning in 1992.

"We thrive here at Park Street because of our collaboration with Castleton. It opens the door for them to be hired on for counseling positions here and we have employed a lot of students over the years," said Shelly McGinnis, program director for Park Street. "I think that's a great opportunity for them, and also a great opportunity for us."

McGinnis explained the many roles students play during their time as interns.

"[Students] have the opportunity to shadow program clinicians who lead treatment groups, and they also are permitted to help co-facilitate discussions in these groups. They also are paired up with our team leaders who work shifts with the residents," McGinnis said. "They also are responsible to lead a treatment group…and really see how counseling is happening on the floor and in practice. They get a chance to really observe and see how we manage different crises with kids. They also get an opportunity to participate in outings and activities to enhance the kids' self-esteem and self-confidence."

> "The social work program does a really good job in preparing them for what they will experience."
> -Shelly McGinnis

Senior Ben Girard is currently working at Rutland Mental Health Children and Families another common placement for social works students.

"I work with kids eight through 18, but most of my clients are between 12 and 17. I help with assessments and treatment plans such as interventions, and I go out and work with the kids," Girard said. "It is challenging, it is stressful, but it's worth it. It's very interesting; every day is different."

The courses in the social work curriculum are sequential, starting with introductory courses, then knowledge-building courses, then skill-building and methods courses, all preparing students for their senior field placements, Brown said.

"We are dealing with people. This sometimes comes in the form of individuals, families, groups, organizations or communities. Therefore students have to be very knowledgeable about other cultures and subcultures," he said. "We prepare students to be generalists rather than specialists. The techniques they learn, the methods they learn, can be applied across various environments."

Junior social work majors take an early field course to learn about field work and have the opportunity to choose where they'd like to be placed.

"During early field we go over placement, what they're like, what kind of positions there are," Jackson said. "I explain what placements are and what might be a good fit."

Senior Christina Lazelle said she benefitted from this preparation.

"I think the classes were really relevant. You do practice classes which teach you what you will do when you work in the social work field, and doing that really helped me have a better understanding of what I will be doing," she said.

From the other side, McGinnis has also noticed the skills of students and effort of the social work faculty.

"The social work program does a really good job in preparing them for what they will experience. We work closely with Lillian Jackson and she does a really good job of working in collaboration with us to make sure students have the opportunity to put into action things they've learned," she said.

As Field Director, Jackson has extensive connections with organizations in the community including the Park St. Program, Rutland Mental Health, Mandala House, a residence for women leaving prison, Department of Children and Families and Forty-seven Main Street, a mental health program for adult males, among many others.

The work social work students do can have a lasting impact on their clients and the organizations.

Lazelle is currently working at Rutland Probation and Parole.

"I meet offenders and make their schedule and do paperwork. I'm also doing a separate assignment with the director of probation and parole where I help with the community reintegration panel, which is a panel of volunteers from the Rutland community who meet with an offender and try to get them welcomed back into the community," she said.

The students' field work must be supervised by someone holding a Master's of Social Work degree in order to obtain a BSW. Students also receive regular visits from Jackson and Brown to assist them with their clients and caseloads.

"I meet with the students, find out about the nature of the clients, raise issues with them about the work they are doing at that time and advise them on the skills and methods that might be appropriate," Brown said.

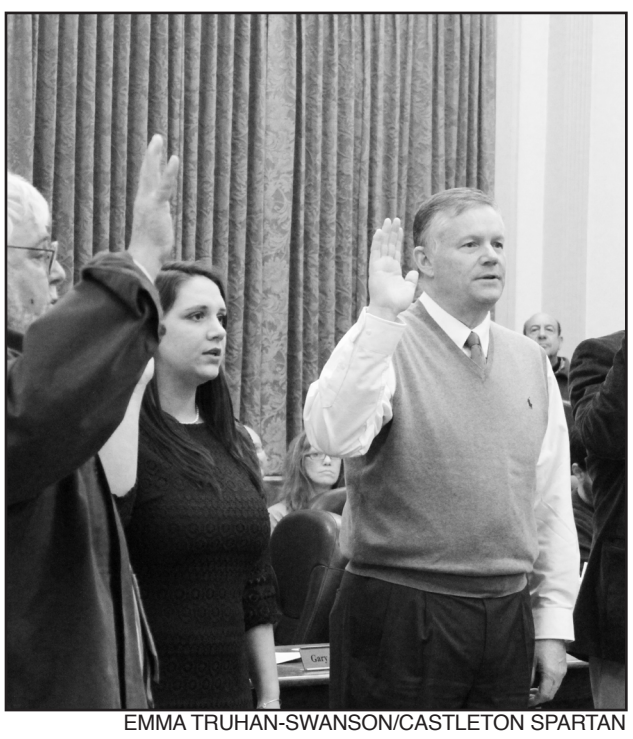
Doing hands-on work while still in the program gives students a chance to see what they're really interested in.

"I've gained a lot of experience with the criminal justice system and understand how that process works. I am working on getting a job as a victims advocate so this has helped me because I've seen the offenders' side, but I haven't gotten to work with the victims as much," she said. "I've learned more about the kinds of populations I want to work with after school, and I've learned where my strong points are and points that I've needed to work on."

Girard has also grown through this process.

"It has helped me become more confident. Working with different people from different backgrounds and being more assertive," he said. "I've matured as a person."

Vanessa Robertson helps run her hometown



EMMA TRUHAN-SWANSON/CASTLETON SPARTAN

Castleton University junior Vanessa Robertson is inducted as alderwoman at City Hall.

Pizza Place and Deli to renovate, add new bar

By Tori Fischer and Shannon Fischer
Castleton Spartan

You've just had a hectic day filled with dragged-on classes and you're bombarded with assignments. You want to kick back and enjoy a few beers to take the edge off without making much of a trip.

Soon, you'll be able to head to the Castleton Pizza Place and Deli and Blue Cat Bistro for that bar setting. Renovations are underway to transform the pizza side into more of a pub setting.

Manager Wenger Rehlen said he hopes to make the business more of a social spot than a restaurant.

"Let's say you want to get together with a bunch of people and have a birthday party, or a get together for drinks. I think we need a common ground downtown, so I want people to think 'we're going to get together, let's go down there to watch the game.' Also we want to build and grow the business, and try to mend whatever perceived weaknesses we have," Rehlen said.

Rehlen also mentioned other improvements that will come with the renovation.

"There will be an open air kind of pub arrangement that we're going to do; we're going to keep some outdoor seating for the summertime. We have the deck off the Blue Cat, and we're going to expand the menu with a smoothie bar, make a larger bar, add the seating to the Blue Cat and pizzeria and just kind of renovate and modernize the space," Rehlen said.

Rehlen said he feels eating trends are changing and the renovations are an attempt to cater to that.

"It's becoming increasingly more casual. A lot of people like a bar. Couples will come to the Blue Cat, and we see a lot of people gravitate toward the bar for more casual dining. So that's why we're focusing on building that as well," Rehlen said.

Castleton students are excited about the changes.

"I think it's a good idea to expand because it's the only pizza restaurant in town. I know a lot of people like their pizza. With the new expansion, more people would be more apt to sit down and enjoy the meal instead of take out," said senior Turner Ede.

Sophomore Megan Folsom has similar thoughts.

"I think that the restaurant expanding will attract more students and locals. I already enjoy the food, but I think changing the atmosphere will add to a better experience," Folsom said.

Junior Jessica Chase, an employee of Blue Cat Bistro, shared her excitement on the expansion.

"We're all really excited to see what it's going to look like when it's done. I don't know what they're going to do with waitresses, whether they're going to add a third one to the shift or not. I also don't know how many tables we're going to have after they expand, but I'm excited to see what the new bar will look like," Chase said.

Chase also mentioned how she thinks renovating will benefit the company.

"I think it'll be good for the company and will attract more customers. I feel not a lot of Castleton students know about Blue Cat. I think it will show more of the Blue Cat side, so we'll have more business in both sections," Chase said.

TORI FISCHER / SPARTAN CONTRIBUTOR

Renovations are underway to transform Castleton Pizza Place and Deli into more of a pub, with a new bar.

Drew's reviews: A laced odyssey

By Drew Hersom
Castleton Spartan

The Flatbush Zombies, a trio of talented emcees from Brooklyn, N.Y., have been around for a few years now – making intermittent waves with their unique mix tapes: D.R.U.G.S. and BetterOffDEAD.

After a long run as the underappreciated oddballs in the Beast Coast collective, the Zombies have refined and expanded their sound on their debut studio album, 3001: A Laced Odyssey.

All three members: Meechy Darko, Zombie Juice and Erick the Architect, are in peak condition on this project – delivering some of their densest bars over Erick's phenomenal production, which is a mélange of plinking keys, orchestral swooshes, booming drum tracks and eerie samples from sci-fi and horror films.

Careful listening reveals just how much odd material the Architect successfully incorporated into the album. One song boasts the sound of a collapsing black hole in its hook and the standout track "New Phone, Who Dis?" turns a cell phone vibration into an interesting complement to the heavy drum kicks.

Erick is no slouch in the rhyming department either, but Meechy and Juice perform lyrical gymnastics on just about every track. Meechy's bars pinball from Richard Pryor, to Charlie Sheen, to ISIS, to Michael Myers, to Jackson Pollack, to the Giants and the Pulitzer Prize in just one verse on the track "R.I.P.CD."

While the Zombies do lock into some of their established styles on tracks like "Trade-Off" and "A Spike Lee Joint," there's a lot of new ground being explored with this material.

The care with which it's done ensures that most of the ideas stick, but some of the more "out-there" songs ("Fly Away" and "Smoke Break") are going to be hit-or-miss for the fans.

The Zombies' last project housed solo tracks for all three of them, but Meechy is the only one here that gets one – in fact, he gets two back-to-back. "Fly Away" sounds like the first R&B track from Flatbush and "Ascension" is all siren strobes and gruff chanting.

The final track is also worth noting – a thirteen minute odyssey of its own, boldly titled, "Your Favorite Rap Song." All in all, 3001: A Laced Odyssey is a well-paced, finely produced project that takes a lot of chances and is a much stronger product because of it.

The whole thing has Erick's fingerprints all over it; he's taken over as the primary provider of hooks in the trio too, offering a more measured, intellectual delivery that's bringing Flatbush Zombies to new heights.

SARA NOVENSTERN / CASTLETON SPARTAN

Emmy award winning reporter Byron Pitts, left, speaks about his childhood and career during the College Media Association Conference in New York March 14. Members of *The Spartan,* like Sports Editor Jordan Lumsden, above, attended the convention.

The Spartan takes on NYC

Journalism Students visit media convention in Times Square

By Catherine Twing
Castleton Spartan

What do you get when you mix nine Castleton University students with New York City, Krispy Kreme donuts, mind-blowing Italian food, Madison Square Garden and the College Media Association conference?

One unforgettable weekend.

Each year, as an educational experience and also as a reward for working hard on The Castleton Spartan, communication professor Dave Blow takes some of The Spartan's writers, photographers, designers and editors to a journalism conference in New York.

Students are required to go to at least five of the many sessions offered at the conference, held in the Sheraton Times Square hotel. This year the group also went to a critique where two advisors from Moraine Valley Community College in Chicago looked at and critiqued The Spartan.

Besides a few ideas to get more content online, the comments were all very positive and the critics were impressed with the professionalism and design of the paper.

"The critique on our paper was awesome, considering we've got such a strong team that's grown a lot in the two years I've been a part of it," said Spartan photographer and Web Editor Sara Novenstern.

Students also got a lot out of the keynote speaker, Byron Pitts, an Emmy Award winning reporter who currently works for ABC Nightline.

"Byron Pitts was an amazing speaker and probably the highlight of the academic aspect for me," said Spartan writer and former editor, Callie Ginter.

Sports Editor Jordan Lumsden also liked Pitts' speech.

"He told us to be thankful and to never quit, which can be hard to do sometimes," he said. "The one thing that resonated with me was when he said 'when you tell people your dreams they should laugh at you.' He also mentioned that 'if your dream only includes yourself then it's not big enough.'"

He added that the speech made him "stop and truly appreciate the talented and passionate group of writers we have on staff."

After Pitts' speech, Novenstern had the chance to ask him a question.

"The coolest part, in my opinion, was the keynote speaker. Not only was he eye opening and inspiring, but somehow I mustered up the courage to ask him a question I was curious about," she said. "I get very nervous with public speaking so getting up in the aisle and asking my question on the microphone was nerve-racking. It's probably something I wouldn't have done two or three years ago."

Spartan page designer Sara Harrison really enjoyed having the chance to develop her understanding of journalism.

"The sessions were extremely helpful. I haven't taken any writing or editing courses so when designing, I'm sometimes lost, and I felt the sessions helped further my understanding and knowledge of journalism and newspaper publication," she said.

Senior Jimmy Britt enjoyed the sessions and left the conference with the understanding that film school will be challenging, but totally worth it. Senior Casey McGraw especially enjoyed a session by Luis Miguel Echegaray, a writer for The Guardian who told a story about an underprivileged soccer team he wrote about. McGraw left the session with the understanding that even writing for a small paper can have a big impact.

But the trip wasn't all business. The group also had plenty of time to bond and have fun.

Saturday night, several members of the group had the chance to go to a Big East Tournament championship basketball game at Madison Square Garden. Sunday night the Spartan staff met up with Castleton alumna and past Spartan editor Molly DeMellier for dinner at Forlini's, an Italian restaurant downtown, which has become a group favorite.

'Broadway's Next Hit Musical' wows crowd

SARA NOVENSTERN / CASTLETON SPARTAN

"Broadway's Next Hit Musical," was performed for Castleton students at a Soundings event earlier this semester.

'The Notebook' not very noteworthy

By Jimmy Britt
Castleton Spartan

For this issue I was recommended to watch a movie that I normally wouldn't watch. I took the suggestion and watched "The Notebook" for the first time. Before reviewing the film, a quick overview of the story is in need.

"The Notebook" is the story of Noah and Allie and how their love changes and evolves during the 1940's and 1950's. But the story is also about the couple when they are elderly. The elderly Allie has Alzheimer's disease, which causes her to forget Noah and their love for each other. Though doctors tell him that she'll never truly remember her past, Noah still decides to read to her every day from his old notebook. Although popular, there are some things about this movie that I didn't care for.

Most of the early acting during the flashback scenes was rough. It felt like they had barely gone over their scripts prior to filming and their interactions were clunky. Don't get me wrong, Ryan Gosling is one of my favorite actors, but I didn't like his Noah until after the war. However, I also didn't like Rachel McAdams' Allie.

She was a selfish and inconsiderate character. Yes, she was younger and had to learn from life, but she didn't care about her fiancé Lon, or Martha. Noah also didn't seem to care, but he was so fixated on Allie that he would have done literally anything to see her again. He is at fault in this situation, but Allie had moved on and was ready to live a different life while Noah wasn't. This also seemed to play off of how Allie comes from money and expects things to go her way most of the time.

My other issue with "The Notebook" is that the story focused way too much on the two past events. Both are very important to the story, but we never see any other events that lead up to the present time of Noah and Allie. I would have been more pleased with the film if a montage of the couples relationship and lives led up to the present time. Though I have said some less than flattering things about the movie, my favorite parts are when we see the elderly Noah and Allie interact.

That plot point truly tugged at my heartstrings.

I saw a more pure love amongst the two when it could be seen. It was the passion, hope and patience that Noah showed to his forgetting wife. It reminds of what my Uncle Jack will potentially do for my Aunt Diane who also has Alzheimer's. I'm worried for the both of them, but I know that their love will always be strong just like Noah and Allie's.

If you like romantic dramas, then "The Notebook" is a film that you should watch. Though I have my issues with it, I still found something that I enjoyed about it.

Hopefully one day we all can have a love that strong.

Funeral service brings closure to loved ones

Continued From Page 1

"Like you, I am horribly sad. Like you, I loved Samm and felt like she was family. This home was a home for Samm, who we trusted with our three dogs and the entire place whenever we were away … I think this was one of Samm's many second homes. How many of you were lucky enough to have Samm visit or stay at your house? She was a godsend to us and to all of you," Wolk said in his eulogy.

Samm had good vibes. She always told her family and friends that they needed to have good vibes so she could vibe with them. Yes, the little hippie girl they loved. She had good vibes. Samm was the rebel child. She told me a few years ago she added an "m" to her name. OK, so Samm now had two "m" s. The free spirit. It never changed in her too-short life."

COURTESY PHOTO

Senior Samantha Forrest was remembered fondly by friends and family during her memorial service last Thursday.

Brave friends also got up to say a few words about Forrest.

Graduate Cassandra Murphy spoke first.

"She had the most carefree attitude out of anyone that I knew. She did not care what others had to say or think of her. I remember on several occasions telling her that her clothes didn't match," she said as people laughed knowing that was a "Samm thing to do."

Jessie Spaulding, another Castleton graduate of 2014 and best friend, spoke beautifully and managed to say, "I'm still trying to figure out how to live without such a big part of my life." She cracked a joke at the end, however, saying, "It snowed today because Samm wanted to have the last word," as laughter filled the room again.

Even though Forrest and Kinney aren't physically with us, friends say they still have the ability to make the best out of the worst.

"The hardest situations he would always laugh. Not as an insult, but from the pure enjoyment of that challenge and through that adventure was, 'a wonderful opportunity.' It always struck a chord with me," said professor Steven Lulek about Kinney. Lulek and Kinney had more than a professor-student relationship; they had a friendship.

Lulek first met Kinney through his outdoor classes, but it was his mountaineering class that truly bonded them.

"It affected him in such a way that after the class, he would literally beg me each year to come back and assist, to lead the class, for no pay, nothing, but to help guide and teach, to grab that connection to this powerful world that we live in. He would beg me," Lulek said.

And Kinney didn't have to beg much.

He explained how this year Kinney was gone on vacation in Colorado the same time as the trip to Smugglers Notch was scheduled. Kinney contacted Lulek to see if there was anything he could do to make the trip and Lulek simply replied, "I'll move the trip so you can be with us."

Lulek shared the story about last year at Smugglers Notch, the evening was approaching and wind was picking up. As it turned dark, they all went to their tents to bunker down. Somewhere around midnight, the wind was picking up to 60- to 90-mile-per-hour gusts.

"You could hear trains whipping outside of our tents!" Lulek said. And then all of a sudden he heard, "My tent is blowing away! My frame broke!"

It was Kinney.

"Caleb is out trying to fix his tent hanging onto one side of it, trying to hang onto the pole, getting duct tape out of his bag, puts it back together and is laughing the whole time about this adventure. His hands are freezing and he's like, 'my hands are freezing, but this is so funny!'" Lulek said laughing as if it was happening again.

"He's enjoying the adventure. This catastrophe for most people was to him, this beautiful moment."

Bryanna Allen-Rickstad, Kinney's ex girlfriend of almost five years, described Kinney's laugh as a "giggly, tickle-me-Elmo" kind of laugh. "It was show-stopping, he was constantly laughing," Rickstad said.

Forrest shared that same happy-go-lucky quality.

COURTESY PHOTO

Caleb Kinney poses with then girlfriend Bryanna Allen-Rickstad. Kinney was one of three killed in the car accident on Drake Road March 19.

Shannon Bartlett, another one of Forrest's many best friends, shared a story about how she was getting scolded by her mother, getting slapped by a pair of socks, and Forrest found it hysterical.

"Samm's personality could not be beat," Bartlett said.

Forrest signed up for Lulek's outdoor rock-climbing class this semester, and even though he did not get to know her as well as he did Kinney, he got an impression of her.

"I didn't know Samm other than she just signed up for my rock climbing class. But I believe that I got a picture of Samm in that one interview because it's how she was. It's how she carried herself. Without knowing anything about her, my first impression of Samm was that she was a gentle, kind, incredible soul that would help anybody. And what I'm hearing is, that's Samm," Lulek said.

"It was fascinating. She said, 'I'm Caleb's ex,' that's how she described herself. And I said, 'Oh I'm sorry…' and she said, 'oh no its ok, we are still friends!' They were ex'es, but there was such a connection of their souls, that they're still friends. That doesn't happen very often. They had that pure soul connection."

Allen-Rickstad is not at peace with Kinney's loss yet, but hopes one day she can remember the good and not the sad.

"I want to get to the point where I can think of him putting chocolate chips in his cereal, you know? The fun stuff," she said.

1787 Room hosts second annual Game of Life

Continued From Page 3

There were plenty of mixed emotions from students. Some were excited at their good fortune and some were on the verge of a breakdown.

At the beginning of her play, senior Emma Faucher said that playing the game was really stressful.

"I don't want to be an adult," Faucher said, only half kidding.

"It makes me scared for the real world," junior Dylan Callan said with a chuckle.

When asked how the game was going, junior Jaime Nolan said "Well I'm winning…" She hadn't lost her mind yet.

Once Faucher was near the end of the game and had time to process and breathe she said, "I think it's really cool now versus when I hit the real world because I'm about to graduate, so I'm sort of thinking about this stuff. But seeing the numbers really puts it into perspective."

Most students did well with budgeting their money in the game said financial advisor Teresa McCormack.

"Well the first three I met with thought they could ride the bus everyone without paying for their own car payment. They were all surprised how quickly they spent it," said McCormack.

Freshman Sam Lewis ended with $133 in his pocket at the end of the month.

"I did the required stuff mostly, so I don't have a pet which makes me sad, but I did pretty well," Lewis said.

The students that financial advisor Kathy O'Meara met with ended up having money in their pocket left over.

"It was nice to have a conversation with them about what to do with that," said O'Meara.

Junior Ally Brandland was very pleased with her results. She ended the game with having $1200 left at the end of the month. "It was nice to be able to ask questions and for them to give us advice," said Brandland.

Beaupre-White and Allen were both very pleased and excited about the turn out of the event. Both also hope to continue the event for many years into the future to let students get a taste of financial responsibility.

A thankless job, mostly

By Carly Trombley
Castleton Spartan

When you think about the unsung heroes of Castleton University, you may think of professors or advisors, but the behind-the-scenes heroes that you never really see are the staff members in the facilities department.

From being on-call 24 hours every day of the week, to fixing damages done across campus, these men and women put their heart and soul into our beloved university.

"They work extremely hard, and I believe that many people take their hard work for granted," said Brynna Carper, a senior and former work-study student in the facilities department.

Not only do the workers have to keep our campus looking good by doing landscaping and preparing for events, they also have to clean up after the students who damage property.

"It still bothers me now, but not as much as it did 10 years ago when I first started working here," said Bill Bunker, referring to students "maliciously" damaging parts of the school.

Bunker is the senior maintenance technician.

"If you get off the elevator on the third floor of Castleton Hall, somebody had kicked a huge hole in the wall, so I fixed it," he said. "Came back literally the next day and they did it again."

After the third time, he told his boss that he wasn't going to fix it.

"So they brought in the dean of students from over in Woodruff and he was pissed too," Bunker said.

After a while, damages become something that these workers just have to deal with. When you put a massive group of 18 to 22-year-olds in one area, there are bound to be some damages.

"It comes to a point where, it's my job, I don't care. Go ahead, punch a hole in the wall, you guys are going to have to pay for it," Bunker said with a laugh.

There is one question that always runs through the minds of the maintenance workers at Castleton, which is directed at the students. Would you do this to your own home?

Some lucky students get to see first hand all of the hard work that they do on campus. Every summer four to five students are chosen, after an application and interview, to be on a paint crew for Bunker that re-paints the dorm buildings, hallways, and offices.

"I loved working for Bill and the entire staff," Carper said. "They were all very friendly and so easy to get along with."

About a year ago, Carper was in a car accident that left her with two broken legs and a broken arm. Bunker and his wife went to visit her at her home and brought her a basket full of get-well gifts.

"Everybody over there was very friendly and always seemed to try to help us with what we needed," said Marlayna Rheaume, another summer work-study student on the paint crew. "They work very hard to keep our campus clean and looking nice."

The maintenance team could be called from their homes at any hour of the night to come and fix something on campus. If a room has a broken doorknob and a student can't get into their room, one of the maintenance guys is called from their beds so the student can get into theirs.

"I think that the students should help out the staff when they need it," Rheaume said. "It takes time and money to repair those things.

While the people who build, fix, and maintain everything on campus are hugely important to our school, the housekeepers in the dorms also play a major role.

"Students trash their dorms and expect the maintenance staff to clean everything up for them. I don't think it's right," Carper said. "The students need to be cleaner and kinder."

CARLY TROMBLEY / CASTLETON SPARTAN

Senior maintenance technician Bill Bunker poses with a cabinet he just finished building. Bunker also works with students to ready the dorms for the fall semesters.

Coming from a student, that it just what the maintenance workers like to hear.

"There are people that deserve more pats on the back than myself," Bunker said. "Look at the housekeepers in the buildings, you know? Oh God. I can't even imagine some of the messes they have to clean up and the stuff they see."

"Some of these kids are pigs," he said.

Students want Trojan

AARON LETHBRIDGE / CASTLETON SPARTAN

Students say they worry about Wellness Center condom quality because they don't recognize the brands

Continued From Page 1

"The only condom brand that's known is Trojan and Durex. Not a lot have heard about the One brand or Lifestyle or any of the other non-Trojan brand condoms we have. And if they do, they often refer to the condoms as the "school condoms," Xapilak said.

The point of the survey is to find out what brands they should add, to find out why people wouldn't want to buy condoms from the Wellness Center, and to bust the myth of the condoms being "seconds."

"We just want to better serve the students, and make sure that they have safer sex supplies that are accessible," said Bentley.

They keep track of how many they sell and what's most popular. Trojan and the mixed bag are among the top sellers. But there is a wide variety of brands that most don't know about including One, Lifestyle, Atlas and Sustain, a brand out of Burlington.

Once the results are in, they will implement the new brands that people want to see and will take away the less popular brands that aren't really selling.

"We're looking to change and have more options for lubrication, regardless of what people say in the survey, just to have more options," said Bentley.

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Getting to know 1,000-point scorer Rob Coloutti

By Eva Clark
Castleton Spartan

Senior guard Rob Coloutti created countless roars from the crowd throughout his four years on the Castleton men's basketball Team. In his senior season, Coloutti joined the elite 1,000-point club, while climbing his way to second on the program's all-time list in made three-point field goals with 253.

This season, Coloutti tallied 82 three-point field goals, making him the North Atlantic Conference leader in the category. He shot an impressive 36.1 percent from behind the arc. He also led the team in scoring, with 12.6 points-per-game.

The senior plans to graduate in May with a major in business management. The Fair Haven native was a two-sport athlete in high school, winning a state championship in football his senior year while also joining the 1,000 point club on the hardwood of his alma mater. Coloutti's father, Bob, was also hired as an assistant coach just in time for his son's final season of his successful career.

Q: What was your favorite moment of your career? What about this season?

A: My favorite part of my career was beating WPI my sophomore year. They were the ninth best team in the country. This year was a rough year. We didn't live up to our expectations this year and it wasn't one of my favorite years. However I did get to see my friend Casey McGraw hit a buzzer beater to win. That was fun.

Q: How did it feel when you scored your 1,000th point?

A: It felt relieving. It was kind of like a monkey on my back that everybody was asking me about so it felt really good to get it over with and move on, and try to finish out the season by winning, although it didn't happen.

Q: Who or what never fails to put a smile on your face?

A: My old man always knows what to say and always has my back. He's definitely a funny guy.

Q: If you could live the life of one person for a day, who would it be and why?

A: Kobe Bryant because I have so much respect for him as a person, player and businessman

Q: What was your favorite conference game?

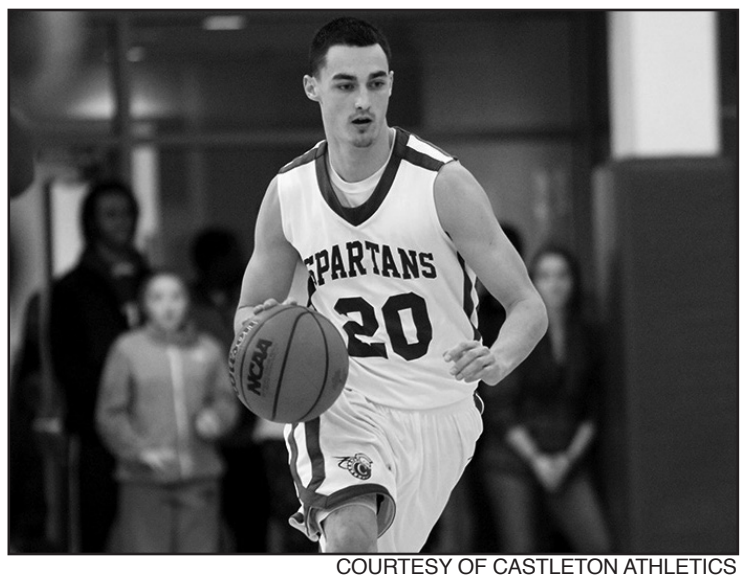
A: For a conference game… probably the best game I was ever a part of, even though we lost, was the semifinals against Colby Sawyer when it went into double overtime. Double overtime semifinal game and we lost by three, and they ended up being the champions. I don't believe in moral victories, but I guess it was one.

Q: If you could have witnessed one thing in history, what would it be and why?

A: The Red Sox breaking the curse in 2004 would have been unbelievable to witness. I used to be a much bigger baseball fan than I am now.

Q: If there was a movie about your life, what genre would it be and who would play you and your friends?

A: I guess I'd want it to be an action comedy and Mark Wahlberg would definitely have to play me. Cope (Chad Copeland) would be played by Will Ferrell, Kevin Hart would be Josh Horton, Bill Burr would be Casey McGraw and Charlie Sheen would play my childhood friend, Levi Sanders.



COURTESY OF CASTLETON ATHLETICS

Q: How do you plan to stay in touch with basketball?

A: I plan to coach through AAU and through my little cousins I'll kind of just stick around and try to help them out the best I can. And also my little brother Andrew Wolk is an eighth grader, he'll be in high school next year and I may try to get him more involved as his interest grows in basketball.

Lax teams win weekend games

ASHLEY CALLAN / CASTLETON SPARTAN

(Top) Maria Ploof looks to shoot in a game against Colby-Sawyer.
(Bottom) Taylor Swarter dodges against a Lyndon St. defender this past weekend.

Bring out the brooms

Castleton sweeps UMF in four game series

WILL CHMIELEWSKI / CASTLETON SPARTAN

Dan Errico makes contact with a ball in Castleton's second game of its double-header last Saturday.

By Jordan Lumsden
Castleton Spartan

Reigning North Atlantic Conference Pitcher of the Year Sam Spencer anchors the Castleton baseball team's strong returning pitching rotation including juniors Devin Hayes, Steven Jurkiewicz and Luke Salerno. The Spartans also added freshman Charles Stapleford who is 3-0 this season and has posted a 1.57 ERA in 23 innings pitched.

Both Stapleford and Spencer pitched in the second game of the two double headers Castleton hosted on Saturday and Sunday. Castleton swept all four games against the University of Maine-Farmington and both Stapleford and Spencer pitched a complete game to record their victories.

Spencer also pitched a complete game in the Spartans' 2-1 loss against No. 4 Wisconsin-Whitewater in Auburndale, Florida late last month.

"Sam is pitching as well as he's pitched and, in my opinion, he's pitching the strongest out of all of our pitchers right now," said Head Coach Ted Shipley.

When asked about Stapleford, Shipley reiterated that fact that he was a only a freshman and said it was "exciting."

The catching position was a big question mark coming into this season after graduating captain Nate Swahn.

"Swahn was a big captain. He was very energetic, great at the plate, great defensively, but our catchers so far have done pretty well," Spencer said.

Nick Patierne and Skylar LaFerriere have been splitting time behind the plate according to Shipley.

"The catching position overall is a brutal position and it'll wear you down and both of those guys are capable of doing a good job," he said.

Spencer said there isn't much of a difference pitching to either player, although he did mention how he was more familiar with Patierne.

"My approach stays the same. I worry about one pitch at a time and what order in the lineup they are," Spencer said.

Although returning an experienced pitching staff, the Spartans are young in the field positions.

"Our lineup is a little younger this year so it's really important that we put runs on the board early that way we can come out on top," said senior Nick Swim.

Swim also said that although they struggled in the field and at the plate earlier in the season, the team is tightening things up and putting up more runs.

But even with a strong pitching rotation it's hard to win when runs aren't being scored.

"As a pitcher if you're pitching a game and your team's not putting up runs you definitely feel it. You feel like every pitch matters," Spencer said.

Shipley said with this much youth on a team it's important to bring those young guys along with strong veteran leadership.

"The best thing that leaders can do on a team is lead by example," Shipley said.

The Spartans look to continue their momentum at Colby-Sawyer on April 13 followed by a series of conference opponents to finish the season. The Spartans next home game is Saturday, April 23 at 11 a.m. against Husson.

Slow start for Softball

COURTESY OF CASTLETON ATHLETICS

Senior, Brittany Brayman swings at a pitch in a home game earlier this season.

By Jordan Lumsden
Castleton Spartan

Although not the most visual pleasing record the Castleton Spartans softball team currently sits at 6-8. But, records can lie.

"With our record at 6-8, given some of the things we've endured as a team that many people might not be aware off with injuries and illness we feel pretty good where we are," said Head Coach Eric Ramey.

What the scorebook doesn't show is Kayla Wood, the Spartan's ace pitcher, rehabbing a back injury, limiting her for the beginning of the season.

This called for some damage control, but the Spartans were ready to handle the adversity.

"Last year we had our starters and we had our relievers and there wasn't really an overlap. This year our starters could come in as relievers in the second game. Every pitcher has to be ready for every situation. So I think it's made all of our pitchers stronger because we've had to be mentally and physically ready for anything." said pitcher, Taylor Paquette.

Castleton looks to build on its impressive 2015 season returning six key seniors. The Spartans earned the No. 1 seed in the North Atlantic Conference playoffs last season and also hosted the tournament, but lost to New England College and Thomas College in the double elimination format in the semifinals of the NAC championships.

Jess Babcock, Chelsea Grady, Brittany Brayman and Katie Traver look to anchor the Spartan lineup batting in the middle of the order. Head coach Eric Ramey hopes that by putting speed players such as Timi Carone and Sami Carlo in the front and back of the order it will free up their "big bats," of Gagne, Brayman, Grady and Babcock.

"I love knowing that I have something to give to the team, that I can get on base and give them a runner," said Carone about her lead off position in the batting order.

Brayman agreed saying that getting on base early is a crucial part of the game they want to play.

"It starts a chain reaction. We can steal more bases, we can get them on and around to score," Brayman said.

"POSTED" is this season's motto, symbolizing a no trespassing type of attitude inside the field.

"It's our own territory when we get to the field so we close out all distractions. Anything outside of the fences is not part of the game," said outfielder Kristi Lawless.

Ramey emphasized the importance this upcoming week holds, facing Thomas and New England College at home this weekend. All three schools were picked in the top four of the NAC preseason coaches' poll.

Although the Spartans have played a total of four games at home Paquette admits that when students are on campus, it makes home games a little more fun.

"We have a lot of fans on our baseball team so they are usually there cheering us on and we do the same for them, so everyone gets a little rowdy," Paquette said.

Coping with reality

COURTESY OF CASTLETON SPARTAN

Chad Copeland is hoping to return strong for his senior season after having surgery to remove a cyst in his knee.

By Chad Copeland
Spartan Contributor

One of my most memorable NBA seasons to watch was in 2013. I remember when it was about to open up and all of the talk was on the top level returning players.

It centered around an ACL tear, two knee surgeries and an achilles strain from arguably the three top backcourt players in the league; Derrick Rose, Russell Westbrook and Kobe Bryant. All were all returning from major injuries from the year before.

An the big question on the lips of every fan, coach and general manager was: "Will they be the same?"

I'm never going to put myself into the same category as Rose, Westbrook and Bryant, but the same question presented itself to me after nine games in the 2015-2016 season as I learned of a bone cyst the size of a golf ball in the back of my left knee.

I instantly was forced to redirect my focus and drive from playing basketball to rehabbing my injury.

While we all remember the signature moments of some great athletes, we also know that there is a flipside, a side that is filled with pain and agony that no longer looks at the athlete's physical problem. In that moment in time after a season ending injury, we get a more serious glimpse into the soul of a player and of a team.

I honestly just felt like I was letting my team down. I fought to keep playing but understood that there was nothing I could do. The cyst in my knee affected my everyday life too. There were days I just didn't want to be at the gym. It took away from my work ethic and my drive to be the best player I could be because it was so painful to play through. It affected me mentally and at times emotionally and took away from my ability to be a leader.

I just wanted to be out there playing, to be around my best friends and to be doing something I've loved all my life.

Knowing I had the opportunity to accept a medical red shirt year, I decided to get surgery and to get the cyst removed. I accepted the red shirt season and now know I can try my best to make a comeback.

Guy Lafleur, who was a professional Canadian hockey player, said one of my favorite quotes: "That's why I made a comeback in 1988. I knew there were chances of not making it, but I didn't want to end up at 60 years old and say I should have tried when I was 38."

Every athlete loves their respective sport for a certain reason. I love basketball for the process. I love it for the relationships it brings on a daily basis and even though I want a major comeback and I want to show how good I can be, I know that if I trust the process everything will be fine.

Getting his chance

Brooklyn native takes life's early hardships and turns it into success on both hardwood and track at Castleton University

COURTESY OF CASTLETON ATHLETICS

COURTESY OF ISRAEL DUDLEY

Guard Israel Dudley jogs down the court in a game earlier this season. Dudley(far right) poses with his friends after a pickup game in Brooklyn, New York. This season was the first year Dudley has played organized basketball.

By Casey McGraw
Castleton Spartan

Israel Dudley is finally getting a chance to live out his dream to play organized basketball. And with an infectious smile that can cure the worst of days, the Castleton freshman is impressing professors, coaches, teammates and classmates along the way.

Dudley is a member of the men's basketball team, as well as the track and field team, but there is much more to the soft-spoken student athlete than what meets the eye.

Growing up in Crown Heights, Brooklyn, Dudley faced a harsh reality at a young age.

"I lived with my mom and sister and my dad wasn't around. My mom didn't work and my sister was younger than I was, so I unfortunately had to take care of the family, so I started working when I was 14," Dudley said.

With few positive influences in his life, Dudley turned to basketball for answers.

"For me it was good because it was literally an escape from trouble. In my building, a lot of my friends were older than I was and they were out selling drugs and stuff like that," Dudley said. "I was too young to get involved in that so I would play basketball while they were out doing that and for some reason basketball just kept me out of that trouble. Then through playing basketball, I met some new friends and just stuck with it and grew a passion for it."

Basketball quickly grew to be his favorite hobby, but Dudley could never play for his school teams because family obligations took precedence.

While others were playing for the school team, he was working for the Department of Education as an intern in his first year of high school in order to provide for his family.

"My first tournament was when I was 12 years old and it was called 'Shoot Hoops Not Guns.' I'm pretty sure that was the first and last time I ever played in a tournament," Dudley said.

At the age of 11, Dudley experienced life outside the harsh Brooklyn neighborhood for the first time.

"My mom decided to send me to this program called the Fresh Air Fund that takes inner city kids and sends them to a country area to get them away from the streets," Dudley said. "So I came up to Vermont to live with a family for two weeks named the Dickerson's. It was my first time seeing an actual cornfield, farms and even my first time seeing stars because it's so bright in the city. I really liked it so I came back once every year going forward."

Little did he know, this program would end up changing his life.

"I kept in touch with the Dickersons and a couple years ago I was working a job I didn't enjoy as much anymore and they said 'hey, it would be a good time to go college to get a degree on your resume, that way you're more presentable to other jobs and they guided me through that process."

Dudley began working at Middlebury College while living with the Dickersons, who he refers to as his "Vermont family," and started exploring college opportunities. He sent videos of his basketball workouts to Castleton men's basketball coach Paul Culpo, hoping to spark some interest.

> "On and off the court he's a really genuine, kind guy so he's always there to support you in whatever you're doing,"
>
> -Edmund Fitzgerald

"He told me to come in and play with the guys and he said that I had the athleticism. He knew from the beginning that it would be a challenge. Since I never played organized ball, I didn't know any rules or anything," Dudley said.

He soon decided Castleton was the best option for him, but quickly learned things wouldn't come as easy as he had hoped.

"My first scrimmage, I traveled like seven or eight times," Dudley said with an ear-to-ear grin and a contagious laugh.

Culpo acknowledged his trouble with transitioning to college basketball.

COURTESY OF ISRAEL DUDLEY

Dudley shoots a jumpshot during a pick-up game in Middlebury, Vermont.

"He faces a lot of challenges since he hasn't played organized basketball. It's been a tough road for him, but I think he did make some strides," Culpo said.

It has been eye opening for Dudley too.

"I thought I could come in and bring some of my street smarts to organized ball and it would be an easy combination, but it did not work out that way," Dudley said with a chuckle. "You really have to be a student of the game and it was much more difficult than I imagined."

Despite a difficult freshman season, senior basketball player Josh Horton envisions a bright future on the court for Dudley.

"He was arguably our most talented player last season having not played organized basketball in his life. When he becomes more familiar with the game, he has a chance to be a very special player," Horton said.

Edmund Fitzgerald, another teammate of Dudley's, said his character has benefited the team also.

"On and off the court he's a really genuine, kind guy so he's always there to support you in whatever you're doing," Fitzgerald said.

With all the challenges he faced, the 23-year-old freshman never had any fear stepping onto the court.

"Playing a basketball game against a big rival like Husson isn't nearly as scary as coming home and having your block taped off because someone got shot in your building," Dudley said with softness in his voice. "And those experiences have made me really appreciate what's going on right now that much more."

After the basketball season, Dudley decided to give track and field a shot.

"Israel is a pretty friendly guy, so he would always say hi to me and shake my hand," track and field coach Dave Heitkamp said. "He said he had some interest in doing track and I'm thinking 'wow, he's a basketball player, he looks like he has some athleticism, let's see what he can do.'"

Heitkamp jokes about Dudley's passion for basketball, hoping he gets the same feeling for track and field.

"Every time there is something around in the gym, he's looking for a hoop to shoot it in. One day I asked him, 'I bet growing up when you walked the streets you always had a basketball with you.' He replied 'absolutely.'"

Dudley placed in fourth in his first meet by clearing 1.75 meters in the high jump.

"He's so raw and his talent is so out there that I have every hope that this kid is going to be tremendously successful," said Heitkamp.

While Dudley has taken extremely impressive strides in athletics, he says he is still focused on academics, studying philosophy and psychology.

"I don't have a specific job that I want to do with those majors, but I think they will give me a better understanding of the world, myself and the people around me, which will be powerful enough to land me a job with my nine-plus years of business experience," Dudley said.

When asked if Dudley could have pictured himself as a two-sport athlete three years ago, he took a deep breath and looked straight up in the air.

"No way, but if you had said that, he would have liked that idea," Dudley replied while nodding his head.

"It's been great man. I feel really lucky and definitely feel like I made a good choice by coming to Castleton," Dudley continued. "I am grateful for the opportunity to be here."

CU men's rugby team works to improve image

SHANNON FISCHER / CASTLETON SPARTAN

Rugby team members pose for a picture with Michael Odell after a practice last week.

By Shannon Fischer
Castleton Spartan

The flurries of snow swirled through the sky as Michael's face lit up with extreme excitement as he joined in on the drills with the rugby boys. Michael was finally a part of the team of the sport he loves, and the rugby boys welcomed him as a part of their team and family.

Michael Odell is a 16-year-old boy who is exuberant when it comes to the sport of rugby. But Odell is not allowed to play the sport he enjoys because, although technically undiagnosed, it is believed he has a form of Cerebral Palsy. Odell's disability limits his capabilities to play rugby, so the rugby boys took action to summon him to their family.

On April 6 the rugby boys helped Odell with a video project. He decided to do his video on Castleton and rugby.

Junior Walter Odell, Michael's older brother and a member of the club, talked about Michael's project.

"My brother's doing a video. It's to show what kids in Vermont see Vermont as. He decided to do his video on Castleton and rugby because he loves rugby. He's been to every game we've had so far and it's a big thing for him," he said.

Walter continued to express his appreciation for his teammates.

"It means a lot to me to know the guys on our team are willing to help my brother out. It just means a lot that he's going to be able to come out here and feel like he's a part of the team because he's not able to be a part of teams in most situations. I think it's great for him and it means the world to me that everybody's willing to do that," he said.

Castleton rugby has a bad reputation from past occurrences, and the boys are working hard to give back to the community and show people that past events haven't defined who they are as a team and as individuals.

Senior Andrew McPhillips talked about the false information that has come out and wants the community to be aware of it.

"That is completely falsified. We have our rowdy side which is what we're known for essentially, but all the things that are coming out are just false advertising and we're actually just a family that loves being together and love the sport of rugby and want to just spread the love," McPhillips said.

President of the club Aaron Clark gives a different reason for the damaged reputation of the Rugby Club.

"The rugby team has traditionally not had a great reputation here at Castleton because of extra-curricular activities that occurred before I was even at school here. I would really like people to know that we're a team, a club of friends and individuals that are trying to get our degrees here and to work hard at this school. We like to come out here and play some rugby and have fun and enjoy each other's company," Clark said.

This is the first milestone that the club has come across to help better the community.

"The team has not yet done anything else. We are trying to get together some fundraisers. We have a director of fundraising now, which is a new position that we haven't had before. This is just one of the first steps that we're trying to take to get PR," Clark said.

The boys mentioned how helping Michael will benefit them as a team.

"It gives us an extra positive energy. We're always looking for ways that we can help our community and they're not always easy to come by, and it's just an opportunity that is a win-win for this club," said Seth Harrington senior and Treasurer of the Castleton University Rugby Football Club.

Junior Chris Manjuck also mentioned how helping Michael brings the team together.

"It makes us closer together as a family and we're more than welcome to introduce more people to our family," Manjuck said.

As Seth Harrington said, "We're always looking for ways to better our reputation, and we don't want anything that's been done by past clubs to tarnish the name, because we're a different team, a different club and we have different values than we've had in the past."

The Steph Effect

Over the past two NBA seasons we have witnessed Steph Curry blossom into the best player in the world. His collective ability to shoot, dribble and pass is second to nobody and he has taken the entire league by storm in 2015-2016. Curry has become an internet sensation and has changed the way we view the NBA. But what kind of effect does he have on the game of basketball?

There is no doubt that Curry has helped the NBA's publicity. I'm not much of an NBA fan myself, but if the Warriors are on TV you know damn well that I will sit at the edge of my seat and believe every shot that comes off his hand is hitting nothing but nylon. Two years ago I couldn't get my dad (an old school basketball purist) to sit down and watch an NBA game without falling asleep, but now even he gets fascinated watching "Chef Curry" go to work.

But does the NBA getting more viewers necessarily mean the sport of basketball is benefiting?

I coach a fifth-grade basketball team, and before every practice we sit in a circle to talk about their day at school and what is going on in basketball. Almost every single time, the conversation goes back to what outrageous circus shot Curry hit the night before or how many threes he will drain tonight. All of this is well and good until I watch what they do when they shoot around in their free time.

The 10 minutes before and after practice usually consist of 30-foot heaves and foul line floaters. I can promise you this is not what fifth graders need to be working on but I don't blame them for doing it. I remember trying to perfect my crossover to look like Allen Iverson and throw behind the back passes like Steve Nash. My point is that young players will always try to mimic what their idols do but when it comes to Curry, his shots are so difficult and so outrageous that kids don't gain anything from trying to be like him.

With all that being said, I think the older groups of players are starting to benefit from Curry's style of play. I see an increasing number of high school and college players spending more time on shooting and ball-handling rather than trying to dunk for hours at a time. There is a growing emphasis on skill development and less on athletic ability and I think a good portion of that should be credited to Curry's outbreak.

To say Steph Curry has a negative effect on basketball would be preposterous. I'm not saying his step-back threes and skyscraping floaters don't leave me speechless. What I'm saying is young players need to understand that Curry didn't go into a gym at the age of 12 and start taking those shots. There were years of building and practicing that led to him being the best player in the NBA.

In a league that obsessed over LeBron James for about a decade, Curry is the breath of fresh air the NBA has needed. For years, LeBron's thunderous dunks and emphatic chase-down blocks dominated highlight reels. There was something about us that adored this type of physical specimen leaping over and powering through defenders, but now we have fallen in love with an average sized, marginal athlete (by NBA standards) known to us simply as "Steph."

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday April 27, 2016 CastletonSpartan.com Castleton, Vermont

Gender neutral housing begins at CU

By Jadie Dow
Castleton Spartan

We all have things that we hide. Things that we think others will judge us for. Everyone is guilty of putting up an exterior that may be different than how we feel inside.

Why do we do this? Because at our core, there is one thing that we all really want: to feel accepted for who we are.

Castleton University is making strides in this direction with a new floor of gender-neutral housing in the fall 2016 semester.

There had been talk about just changing some of the bathrooms on campus to gender neutral – until a group of students from the Spectrum Pride Club pushed for housing.

"It's funny, we actually had a big presentation planned. We went to (Director of Residence Life) Mike Robilotto to make our pitch and as soon as we brought it up, he was completely on board and ready to start planning," said Chelsea Carey, a member of the Spectrum Pride Club and the CA in charge of the gender-neutral floor.

Originally, plans were for a floor in Ellis and a floor in Babcock to be gender neutral, but not enough interest was shown to need more than one building, leaving the first floor of Ellis as the only gender neutral floor for now.

Area Coordinator Cora Churchill believes the lack of interest is due to a lack of awareness.

"I think a lot of students right now just don't know about it because it came up so quickly. This year is going to be a big trial year for us. Just getting it out there and showing people what it is," Churchill said.

Once the group of students requested the change, things moved very quickly, according to Robilotto.

Many schools all over the country are moving toward a more gender-fluid plan on their campuses, including Green Mountain.

See Gender, Page 6

Bonding with 'babies' in biology

By Callie Ginter
Castleton Spartan

If you walked into Jeffords Science Center room 225 within the past couple weeks, you might think twice about your breakfast.

Chirps and tweets are common sounds heard around the science building because chickens, ducks and geese – are hatching.

Science professor Peter Kimmel teaches this "egg class," more formally known as developmental biology. He has taught the class every other year for the past 20 years and he said he's always in awe and excited whenever the development process is going well.

"Is that amazing or what?" Kimmel said as he "windowed" the partially developed fetus by peeling back a thin layer of the shell, exposing a heartbeat.

"It's alive!" said senior Nate McCormick when he saw it for himself. And he wasn't excited just because the chicken was alive, but because his chicken, Ralph, was alive.

"Proud father, looks just like you by the way," Kimmel said to McCormick jokingly.

The process to examine a baby in the shell is a fragile one. The students must first sterilize the egg, and then carefully saw away a little square with a hack saw, making sure not to puncture the thin layer protecting the baby.

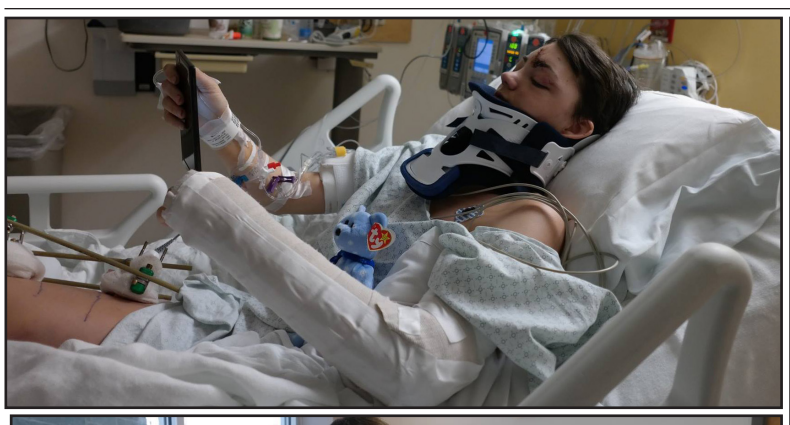
Senior Tom Stockwell was one of the first in his class to attempt this process. Only two students perform the delicate surgery at once because if all classmates worked on their eggs at once there's a greater chance of dehydration or infection, Kimmel said.

"I'm afraid I'm going to break it," Stockwell said as he lightly sawed back and forth.

See Students, Page 6

SARA NOVENSTERN / CASTLETON SPARTAN

Senior Jen Morelli holds Herbert, one of the first ducks to hatch in a developmetal biology class on April 11.



PHOTOS CONTRIBUTED BY BRYNNA CARPER

Senior Brynna Carper is shown in various stages of rehabilitation after her car accident last year. She will graduate on May 7.

Carper's comeback

Brynna Carper to graduate a year after tragic car accident

By Carly Trombley
Castleton Spartan

Picture This.

You're in the bar. You're drinking. You fall asleep in your car with your friend.

Black.

You wake up. You're bleeding and you can't feel or see your legs.

Black.

You wake up again and touch your forehead because you think it's bleeding. You look at your hand and it's covered in blood. Was your hand bleeding?

Black.

You come to again. The lights of the hospital ceiling rush past as you stare straight up. You can't move.

Black.

You can't breathe. There is a tube in your throat and it is choking you. You try to talk but you can't find the words.

Black.

"I just had a bad feeling. Like a gut feeling that something bad was going to happen and I didn't really want to go out," Brynna Carper said. "She kept pressuring me and pressuring me, so finally I fell into the peer pressure."

A little over a year ago, Brynna Carper was a regular college senior at Castleton University. Her priorities were class, work, friends — and her future.

Three days after her 23rd birthday, she was out partying in Burlington with one of her childhood friends.

What happened that night would change her life forever.

"She has this brilliant plan, which was how she convinced me to go out. It was to sleep in the car," she said.

Carper was nervous and thought it would be too cold. Her friend pitched the idea to snuggle up with a bunch of pillows and blankets. Reluctantly, she agreed.

After a wild night and a few too many drinks, they both returned to the car. Carper in the driver side, and her friend in the passenger side.

"I remember her saying, 'Brynna, it's so cold. You have to drive,'" Carper said. "I was so mad. I was like, 'it was your plan to sleep in the car, we're sleeping in the car.'"

She fell asleep and the next time she woke up, she was in the passenger's seat and her friend was in the driver's seat of her car. They were on their way home when her friend fell asleep at the wheel and crashed the car into a telephone pole.

The friend didn't have a license.

"When I got to the scene of the accident, I remember screaming, 'They're lying! She can't be alive! The car looks like nobody survived that!'" Carper's stepmother Shana Hobbs said.

Carper was the only one gravely injured with two broken legs, a broken arm, and a severe concussion.

See Defied, Page 6

Greening up the town

EMMA TRUHAN-SWANSON / CASTLETON SPARTAN

Members of the Castleton Sustainability Club cleaned up the town last week in an effort to achieve a greener community.

Seniors reminisce

By Peter Kazakis
Castleton Spartan

There's something special here about being a part of Castleton University.

And graduation is bringing it out.

As cliched as "the small university with a big heart" is, our smaller school truly does give students the rare opportunity to forge meaningful relationships with professors. In larger instituions, students seldom get to know their professors on a personal level, and lecture halls with 500-plus students have a dozen or more teacher's assistants to grade papers.

Graduating May 7, senior hockey player Eric Mack says he's not only going to miss the hockey team, but also the connection he shared with his professors, whom he says he got to know very well.

Mack says Castleton professors really can be "like friends who are there to support you."

"My advisor, Dr. Kimmel, he's been there for me since I got here to Castleton. He basically laid out what I needed to do. If I ever needed any help, I could ask him. He even guided me to get into grad school," a master's program in occupational therapy at Baypath University.

"All the classes I needed, he made sure I had. Dr. Kimmel was always there for me," Mack says.

And it's not just students who will be experiencing the plethora of emotions come commencement. Besides parents, who always seem to be getting too emotional, professors get to enjoy a bittersweet day as well.

Math professor Gillian Galle says that "when you watch students progress from their first year, and then watch who they've become as an individual crossing the stage, its a really mixed bag: you're proud of them, but you're also a little sad, because this means this chapter with them has ended for you."

Communication Professor David Blow says he enjoys meeting the parents of students who he grew close to over four years, and, like Galle, seeing the capable adult who a once-young freshman has grown to be over their years at Castleton.

"You look at a student like (junior) Catherine Twing, who wouldn't even look at me in the eye as a freshman, and this year she interviewed a presedential candidate," he said. "And a senior like Sara Novenstern, who was super shy and lacking confidence, now is a photographer with a very accomplished portfolio."

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Do primary votes count?

The presidential primary process (try saying that five times fast) is a very complex system full of caucuses and elections and delegates. Because of this complexity, it's a process that few Americans bother to understand.

To sum it up, before we can vote for a president in November, we must choose one nominee from each political party. On specified days, states have either a caucus, a meeting where it is decided which candidate will receive delegates, or a primary election, where voters use a ballot to make their choice.

Some states are all or nothing, while others allocate delegates based on the percentage of votes the candidate received. Eventually, all these delegates meet at a national convention and decide who the nominee will be from their party.

Delegates are usually present or past politicians and each state has a specific number of them. For the most part, delegates are pledged, meaning their vote goes based on what the people of their state vote. But then there are super delegates: delegates free to support whichever candidate they want. Super delegates, however, have to be present at the national convention for their vote to count.

Ok, so all that's well and good, but why should you care?

Bernie Sanders was on a streak, having beaten Hilary Clinton in seven states in a row before New York.

Even with this surge of support, he is still a long shot for the nomination because of these lovely super delegates.

As of April 18, Clinton is leading Bernie 460-38 in super delegates and 1,288-1,042 with pledged delegates. Super delegates can switch sides if they decide to back Bernie in the end, but since the system began in 1982, the super delegates have never contradicted the pledged delegates' total, according to the NBC news story "How Do Super Delegates Work?"

That pretty much means that it's super unlikely for super delegates to vote for Bernie, unless Bernie gains more pledged delegates than Clinton before the national convention.

I know, I know, you're thinking, "I don't support Bernie Sanders and his free college, bird of peace nonsense!"

It still applies to you. We like to say we live in a democracy, but the nation we live in is far from a direct democracy where each citizen has a say in what happens. Small towns often do have this kind of system where each individual vote is counted and the winner is decided by popular vote. On the national scale, however, it is far more complicated.

The idea that many voters haven't even gone to the polls yet, and the news networks are already calling the race is pretty frustrating. It is possible that if Bernie can gain enough pledged delegates to beat Clinton, then some of the super delegates might switch sides.

Essentially, the American democratic process is extremely complicated and while we live in a democracy, the American people don't always have as much say in what happens as we think we should.

- Catherine Twing

CU later, *Spartan*

Every other Sunday, my alarm would go off at 6:59 a.m. waking me up to my pounding headache. My breath usually still had a stale hint of Smirnoff vodka or Bud Light Platinum from the previous night. By 7:15 a.m. I was convinced I wasn't going to make it to Leavenworth. By 7:55 a.m. I was there, every time.

I didn't go to edit *The Spartan* newspaper reluctantly with a massive hangover for the fear that the paper wouldn't get finished in time, which probably should have been my number one reason.

It also wasn't because I was scared my super-human, overachieving co-editor Catherine was going to have all the fun and take the spotlight, which she usually did anyways. I convinced myself to go every time for two reasons: I knew in the long run it would only benefit me and make me a stronger reporter, and Dave.

I knew showing up and doing my best was a bigger "thank you" to Dave than a "thank you" itself, because those two words don't sum up enough appreciation and gratitude I have for him.

I've written for *The Spartan* throughout my four years at college. I went from a newbie, to reporter, to web-designer, to co-editor, to bigger and better things. So when I reflect on my four years at Castleton, *The Spartan* isn't something I can just brush by. As cliché as it sounds, and even that sounds cliché, it did mold me into the journalist I am today. And it wasn't just the newspaper that molded me, but the people who make up the newspaper. And when I think of the staff, its almost impossible not to find the humor.

Catherine, my ex co-editor and friend, *is* Super Woman. How she manages to keep her sanity while pumping out story after story and keeping a smile on her face is beyond me. Jadie, Catherine's current co-editor, is ruthless, and is just what *The Spartan* needs. Her sarcasm honestly scares me a bit, as well as her resting bitch face. And I love it. Jordan: Ha. I'm surprised he can find his way to the Spartan room for every meeting. Sara is our photographer and my best friend. *The Spartan* is going to miss her too, and I cannot wait to see where her photos take her. The rest of the staff is a bunch of goons too and I truly do love them. Lucky Dave, the newspaper is only going up from here.

And speaking of Dave, I honestly do not know where to begin. Do I start with how annoyed I got at his passive-aggressive text messages, or how much I admired him for constantly bragging about his daughters? I feel like I practically know his daughter Kirsti and I've never met her. Watching Dave get "fired up" and firing others up is something that cannot be taught, but learned. He's the kind of professor you don't want to let down, because he believes in you before you believe in yourself.

So as I sit here in the Spartan Office on a sunny, 74-degree day, itching for a tan and a tallboy, I'll leave my readers with this. Go the extra mile on something you really don't want to do, but know you should. There are many more pros to waking up with that crippling hangover and doing the work, then sleeping in. Graduating college with a reporting job lined up is still unfathomable to me; I feel like I'll be waking up on Mechanic Street forever. But forever is almost over, and it's bittersweet.

Cheers to *The Spartan*.

- Callie Ginter

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Murder reveals major problem

The tragic and untimely death of former pro football player Will Smith is yet another reminder that while violent crimes across the United States have decreased, it still remains a prevalent issue.

On Saturday night April 9, local resident Cardell Hayes gunned down Smith in the streets of New Orleans after a small fender bender resulted in a heated exchange that soon escalated between the two men.

Smith, who was only 34 and recently retired from the NFL, was shot eight times in total- seven in the back, and once in his left side.

Friend and former teammate Pierre Thomas was in the vicinity and had to witness a man whom he considers a "brother" murdered right before his very eyes.

"I witnessed a close friend, teammate and a man that I thought of as one of my big brothers in the NFL shot to death over a fucking fender bender," said Thomas. "When is this shit going to stop? There is so much senseless killing going on in our world, and I'm not saying that I have the answers to fix it, but I am willing to do my part to help and find a solution."

Cardell Hayes, who has been charged with second-degree murder, did not know who the victim was until the next day, according to his attorney, John Fuller. When Hayes later found out Sunday morning, he collapsed in a chair, Fuller said. Hayes was apparently a huge fan of Smith, and wanted to be just like him.

Is there a real issue here?

According to a 2015 report from The Brookings Institute, the national crime rate in America is about half of what it was at its height in 1991. Violent crime has fallen by 51 percent since 1991, and property crime by 43 percent. And in 2013 the violent crime rate was the lowest since 1970.

Nonetheless, major American cities like Detroit, Memphis, St. Louis, and New Orleans continue to not only remain, but increase in violent crime rate year after year.

"The problem is New Orleans perennially is way up in these homicides statistically," said New Orleans Saints quarterback Drew Brees, who was Smith's teammate for seven seasons. "We become desensitized to it. And so many people die, but we pay attention when it's Will Smith- that forces so many people who wouldn't normally deal with it to deal with the reality of a terrible thing, the gun violence in the city."

Just five years ago, there were 16,761 crimes in New Orleans including 200 murders, 163 forcible rapes and 14,013 property crimes. With a murder rate of 57.6 per 100,000, New Orleans had the highest murder rate of any U.S. city with a population of 100,000 or more in 2011 and ranked 28th in the world in 2014.

Crime isn't the adversity facing New Orleans.

An unidentified witness said she saw something "untoward" happen at the crime scene, who according to reports arrived shortly after the shooting, but has refused to go into details about what she saw, saying she "fears for her life."

It's an unwelcome reminder that such a wonderful city like New Orleans- or any city for that matter; violent crime cannot remain the way it is. This is a real issue that must be addressed before the problem escalates to an extremity.

- Alden Bisson

Castleton Spartan
CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

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Little Spartans head to the middle school

By Lacy Parmenter
Castleton Spartan

President Dave Wolk led the Class of 2027 from Castleton Elementary down the stairs in the Fine Arts Center while pomp and circumstance played in the background.

It was April 12, and Wolk was the keynote speaker where the theme of his speech was making a difference. "Learning a living versus earning a living," Wolk said.

Every April, the Castleton Mentor Program celebrate the fifth graders as they "graduate" and move up to the middle school in the fall. Katharine Spaulding and Ashley Haggerty oversee the program while the student leaders include seniors Kristi Lawless, Luke Quesnell, Lizz Havens, and juniors Louis Alhage, Ally Brandland and Rudy Vadakin.

The goal of the mentoring program is to plant the seed for college at a young age, in part by pairing fourth and fifth graders with Castleton University students. The program has become very popular within the last couple of years and this year they had to expand it. Over 90 Castleton students were mentors this year.

"We had so many mentors sign up that we actually created the third grade lunch buddies program," said Spaulding.

"The popularity of the program is growing so hopefully we'll get as many mentors next year," said Quesnell.

Principal of Castleton Elementary Kathleen Cotton has finished her second year with the mentoring program, but participated in it at her last school. "This particular program is very fluid and continues to grow, but the collaboration between Castleton University and us is very strong," said Cotton.

"The next step is for students to really reflect and help them understand how much it's helping them. I want them to be aware of what they're sharing and that it's a reciprocal relationship between mentor and mentee," Cotton said.

Mentor and mentee duo Grace Manozzi and Harper Cowden had a really fun year. The two met at one of the school's plays a few days before mentoring kickoff.

"I was excited that Grace was my mentor and was glad I got to have a mentor last year and this year," said Cowden, the fifth grader.

"I loved Chess Club! I think Chess Club was one of my favorite hobbies of ours this school year. She would always win," Manozzi said.

Lawless has been a part of the program for all four years at Castleton.

"I'm going to miss it, and I think this year went well because we had a good commitment from people so there weren't really any problems," she said.

Mentors are all in agreement that the year has been a success. Junior Kayla Wood said, "It was a worthwhile experience."

Junior Emma Blaiklock said, "It's a chance for not only university students to make a difference to kids, but the kids change and enhance our lives."

"It was an excellent experience and new bonds were created," said senior Smith Donelon.

Senior Ruby Bushey summed it up saying, "It's the most intrinsic reward. I love seeing the kids and laughing with them."

PHOTO CONTRIBUTED BY JESS COWDEN

Fifth-grade students from Castleton Elementary School celebrate their mentoring program graduation in Casella Theater on April 12. President Dave Wolk was the keynote speaker.

Help us get home safely

By Abi Foster
Spartan Contributor

How much is a student's life worth?

Can getting home safely for Castleton University students be measured by one's understanding of personal responsibility, or is it the University who falls accountable for keeping them safe when it comes to a reliable, safe form of transportation after a night out?

As of now, the only "consistent" late-night transportation system accessible to students at Castleton is the student-run organization, Safe Ride. But getting volunteers has been tricky and often grounds the service and the concern of drinking and driving is still very real.

"This has forever been the argument for Safe Ride kind of systems," Dean of Students Dennis Proulx explained. "Do you put more education on the individual to do what is right and make the right choices or do you put the responsibility on their friends to do the right thing? Is it on the bartender to not over serve, or do you put it on the town to promote safer roads? There is always that slippery slope."

Unlike larger schools like the University of Massachusetts Amherst and the University of New Hampshire that offer dependable, round-the-clock shuttles, Castleton students have frequently found themselves stranded or at the base of a bad judgment call to get behind the wheel.

Brandon Allen, a Castleton senior who has experienced the unpredictable services of Safe Ride, believes the school administration needs to step up to the plate.

"First of all, Safe Ride should at least run until 2:30 am on Thursday nights and second, I don't think they should be students – they should pay for this as a real, necessary job. The nights that it (drunk driving) occurs the most is when Safe Ride doesn't run," Allen said shaking his head. "The first thing you lose when you drink is your judgement, and as a bystander, even if I try to stop them, I have witnessed a lot of my friends get behind the wheel when they shouldn't have. It goes back to losing that sense of judgment; there is a lot of this shit going on."

The problem with hiring a driver comes down to two things: money and the notion of will this really help solve the problem.

"We would totally be interested in having a bus system, but with that it becomes a liability to the college and that means that the college would have to approve it, which is an issue we face," said Caitlin Ryan, one of the Safe Ride coordinators. "But we would love to have a position like a hired driver."

The question is: where would this extra money come from?

"If we were to ramp up the transport system, that would be coming directly out of students pockets," Proulx said. "We also have this obligation to spend the tuition dollars wisely in a period of reduced resources making those decisions even tougher."

But Proulx also stressed that he is a big advocate for the idea of students supporting students.

See Safe, Page 6

Hey, girl. Sup?

Students talk about what they find attractive in a partner

By Peter Kazakis
Castleton Spartan

A young man was at a local bar when a beautiful woman caught his eye. Absolutely everything about this woman was perfect.

He observed that she had clear, smooth skin, which indicated she was physically healthy. He analyzed her higher forehead, her fuller lips, her shorter jaw and narrower chin. She strutted around the bar with a body mass of 20.85 and an alluring 7:10 waist-to-hips ratio.

Her features were perfect and her face was symmetrical.

This woman's DNA was obviously flawless: it was clear that she was going to produce the most superior children out of every female at that bar.

So, the young man bought her a drink.

Psychologists believe there are strong, subconscious factors influencing why we find someone attractive. From an evolutionary perspective, science argues that heterosexual women tend to be attracted to a man who seems like he could protect her and her future children, or a man who will be able to provide for their future family.

Straight men, supposedly, have one thing clear in their subconscious mind: they are looking for a woman with the best genetics to produce strong and healthy children for them.

But that's not really what's going through our minds, is it?

In psychology major Gabe DeLisa's eyes, there are two main things that are attractive when it comes to features of a woman.

"Eyes…and cleavage," DeLisa chuckled.

That doesn't sound too evolutionary based, does it?

"Big arms and a smile," said MDS major Hilary Perry, when asked what specifics she is attracted to.

Captain of the women's hockey team Anna Daniels said she has a thing for nice teeth.

But Communication major Marco Lam looks for something different – that doesn't have to do with looks.

"For me, honestly, I am attracted to girls that have great personalities, and also have some of the same hobbies that I do, like soccer and just being outdoors in general," Lam said.

What about smell?

Sometimes, the discussion of pheromones (chemical attractants secreted by animals to find mates) can arise when discussing human attraction.

In fact, humans do not have pheromones. But smell does play a role in why are attracted to someone. Studies show that humans can find our immune system match (someone whose genes compliment ours, hint-hint baby-thoughts) by his or her smell.

Weird, huh?

Global studies major Eric Ginter said he likes "a girl that smiles a lot, who seems optimistic about life."

Professor Burnham Holmes also said he finds attractive what some of the other interviewees said: "Eyes and smile."

When asked what they found unattractive in a person, interviewees were just as quick to identify what is bad, as what was good.

AARON LETHBRIDGE/CASTLETON SPARTAN

Couple Erica James and Dalton-Jesse Cummins goof around outside of Huden. Some students have physical preferences when it comes to finding a partner while others prefer certain personalities.

DeLisa and Holmes both said cigarette breath was a turn-off.

"Unless you like ashtrays," Holmes said.

Ginter said a lack of confidence was a turn-off for him. Lam, contrastingly, said, "some girls think they can get any man just because they have big tits and an ass. I hate girls like that."

Daniels noted that guys who are "too skinny or too short" don't quite do it for her. Perry said a man's "gross teeth" were a deal-breaker for her.

DeLisa, Holmes and Lam all struck a similar note when making clear that one thing in particular is really unattractive in a woman. And it had to do with booze.

"Being too drunk," Holmes said. Lam answered "girls that drink and party too much." Or as DeLisa phrased it, "too drunk, stupid drunk."

It seems like heavily-inebriated women are waving red flags and maybe the evolutionary perspective would have an answer as to why sloppy-drunk women are turn-offs.

Maybe men, subconsciously, want a wife who is not a hot-mess?

Or just a wife who can handle her liquor.

Nurses see life, death through field work

Editor's Note: This is part three of a series of stories on Castleton's reach into the community.

By Catherine Twing
Castleton Spartan

Nurses see babies enter this world and patients leave it. They feel fear, and joy, and sadness, all in one shift.

Learning to handle these situations can't be taught in a classroom and that's why placing student nurses in actual clinical settings is so vital.

"These are opportunities for students to learn what we can't teach here," said Ellen Ceppetelli, Castleton University's director of nursing.

In order for the program to be recognized by the Vermont Board of Nursing, students in the registered nursing program must complete more than 580 field and clinical hours, no more than a small portion of which can be completed in the virtual hospital setting on campus. These hours include rotations in adult nursing, maternal infant nursing, pediatric nursing and psychiatric mental health, as well has courses in pharmacology, nutrition, anatomy and physiology, microbiology and humanities, according to Ceppetelli.

In the associate's program, students attend clinicals in seven-week rotations and in the bachelor's program in 15-week rotations. This variety gives the students a chance to not only gain experience in these areas, but also find which they like the best.

COURTESY PHOTO

Castleton nursing students work with patients on their recent trip to Honduras with the Vermont Nursing Brigade. Nursing students work over 500 hours in the field gaining skills they can't learn in a classroom.

For Junior Jen McGuoirk, it turned out to be pediatrics.

"I think my desire is set in pediatrics. I love children. I know a lot of people say 'oh, but that's so sad because it's a bunch of sick kids,' and I agree, it is sad, but it's so much more than just a bunch of sick kids," McGuoirk said. "I want to help them to know that they can still be a kid, even if they are sick. They are still a kid and I hope they will still laugh and smile and play. I want to make that happen. I want them to have the best childhood they can."

Taylor Greenway, a 2015 Castleton graduate, has recently taken a position at Cold Hollow Family Practice in Enosburg Falls. Although she didn't have a clinical experience in this kind of environment while at Castleton, she said the variety really helped her become a well-rounded nurse.

"Nursing is a very interesting profession and there really is no limit to what you can do," she said. "It's a very flexible role where you can work as a school nurse and eventually work in the operating room. I have worked in a nursing home, hospital and now have my dream job working for a small family practice."

Many of the student nurses interviewed were especially impacted by the maternity rotation.

"I had an amazing rotation in Dartmouth-Hitchcock Medical Center and I got to see a birth. There was so much energy and anticipation as the mother was being coached through the birth," said senior Jade Blodgett. "The thrill of being in the room while a new life was being born is indescribable."

"I dealt with some situations that were both difficult and wonderful. Pediatric nursing was like that for me too. It's very different working with children in comparison to working with an adult," Greenway said.

These experiences in the community make students even more marketable to potential employers. During Greenway's senior year, she had an RN position working in a nursing home. McGuoirk has already accepted a post-graduation position at Glens Falls Hospital, and Blodgett is a nurse at Porter Hospital on the Medical/Surgical floor.

"I have such a greater capacity for compassion. Most nurses choose this profession because they genuinely love people. Growing our compassion and love for others helps nurses connect more with their patients," Blodgett said.

Although their training is extensive, nothing can truly prepare nurses for what they will face in the field.

"It is the neatest thing when what is taught in lecture can be applied in clinical settings; it's like a light bulb moment and everything clicks," said junior Bekah Jensen. "Instead of just memorizing lab values, I can see the effect it has when a patient has a low calcium level or a high potassium level. I wouldn't have that experience in the classroom alone."

"Nursing school prepares you for an environment where you have time to think about the right and wrong answers to a question, but new nurses find that there really isn't time to figure out which answer is the right one," Blodgett said.

Ceppetelli agrees that nursing school can only get students part of the way and experience is what will make them successful nurses. In addition to clinical hours, a group of senior nursing students take a trip to Honduras each year with the Vermont Nursing Brigade to help patients and get experience beyond New England.

"You can anticipate what's going to happen, but you don't really know because everyone is different," Ceppetelli said. "By going in and having these experiences with patients, you learn the differences between patients and how you have to adjust your plan of care based on the individual."

She added that it is said to take five years of working in the same position as a nurse to become an expert.

"From the very first day of nursing school, nursing students are told that they will never stop learning in the field of nursing," Jensen said. "If a nurse is planning to end their learning the day they pass the NCLEX, they might as well not even become a nurse."

CU students impress at Atlantic City conference

PHOTO COURTESY OF SANJUKTA GHOSH

Karsen Woods and Patrick Cote-Abel present their papers at a conference in Atlantic City, New Jersy.

By Elisabeth Waller
Castleton Spartan

Castleton has many undergraduate students doing work at the graduate level. Patrick Cote-Abel is one of them.

In May, he presented his paper titled "Poison in Paradise: Creosote Contamination in St. Marie's, Idaho" to Ph.Ds. and graduate students at the Social Sciences and Behavioral Research conference in Atlantic City, and it won the "Best Paper Award."

Cote-Abel is a double major in history and communication. His paper was written through research he conducted for his senior seminar on climate change with professor Sanjukta Ghosh.

"It was my first time being involved presenting a paper. It's a media analysis of the coverage of an EPA (Environmental Protection Agency) super fund site in a city in Idaho. The contamination of soil and ground water that could have caused adverse side effects that was not covered in the media," Cote-Abel said.

The paper wasn't all Cote-Abel did for the seminar. When Ghosh arranged for Bill McKibben, nationally recognized environmentalist, author, journalist and Right Livelihood Prize winner to speak on campus, Cote-Abel organized the details of McKibben's visit.

> "It was a really amazing experience all around. It definitely forces me to think about my work at a higher level,"
>
> -Karsen Woods

"I had Patrick introduce him and that led to a whole host of things. That led him to become a part of the Sustainability Club," Ghosh said.

The Atlantic City conference lasted for four days. On the last day, after seeing the presentations of Ph.Ds. and doctoral candidates, Cote-Abel and fellow CU student Karsen Woods presented their papers.

"It was really a fun experience all around. I didn't know we were the only two undergrads there until the last day and I was wondering where everyone else was," said Cote-Abel. "It was just a great experience. I wish every student on campus had the chance to go to a conference to present their work because it makes you believe in yourself and what you're capable of."

Woods presented her paper, titled "Media Images of Sexual Identity." Her work has also been done through the mentorship of Ghosh in the form of an independent study that focuses on transfeminism and analyzing the media presentation of Caitlyn Jenner.

"This was a new phase of a new kind of objectification of the transgender body and suddenly from that the media's tone had changed from ridiculing and objectification, to a sort of heroism. 'Look at how brave this person is,'" Ghosh said.

According to Ghosh, Woods has also signed a contract to write a chapter in a feminist anthology titled "Women's Rights and Popular Culture." She was also very pleased to have been a part of the conference.

"It was a really amazing experience all around. It definitely forces me to think about my work at a higher level," Woods said.

Woman on the street
Sara Novenstern

Question: What's your motto in life?

Amber Lees
"Perseverance."

Jackie Bielak
"Work hard to achieve your goals and live college life to the fullest."

Jeff Prestash
"Everything happens for a reason."

Joe Markowski
"If you die before you die, you won't die when you do die."

Myles Cassin-Reed
"Send it."

Life happens, plans change

It's okay to find careers outside of your original degree

By Peter Kazakis
Castleton Contributor

When I grow up, I wanna be a...

"Veterinarian!" an 8-year-old Callie Ginter would have said. Now she's a senior communication major.

"A teacher!" a young Rachel Elliot would have said. Now she's a senior physical and health education major.

Chair of the English Department Andy Alexander chuckles as he recalls his childhood-self, dreaming of growing up to be a Boston Bruin NHL'er.

What did you dream of becoming when you were growing up?

Like Ginter, sociology major and 2015 graduate Lauren Crandall dreamt of being a veterinarian as well. Now she works full time as a social worker and is soon beginning her master's in sociology.

Often times, people's careers end up being not-so related to their childhood dreams; sometimes, not even their undergraduate major.

Graduating from Castleton in 1989, sociology and criminal justice major Greg King has made a career as a sales rep in the outdoor industry, working with snowboarding and cycling companies alike.

King, based in Colorado, thought he would wind up with a law or law enforcement job. But, "when I got done majoring in criminal justice, I realized there wasn't anything in the field I wanted to do," King said in a phone interview from his Breckenridge Colorado home.

In a 2013 Washington Post article, statistics cited showed only 27 percent of college graduates get a job "strictly related" to their major.

Famous singer Sting and even more-famous director Steven Spielberg were English majors back in their undergraduate studies. So was CEO and 2012 presidential candidate Mitt Romney. Heck, talk show host Conan O'Brian even majored in English literature.

Castleton's Director of International Student Enrollment Patrick Lieu spent his undergraduate studies learning how to teach the English language back in China. Now he manages and advises Castleton's international students.

Crandall believes being a social worker is the perfect career for her.

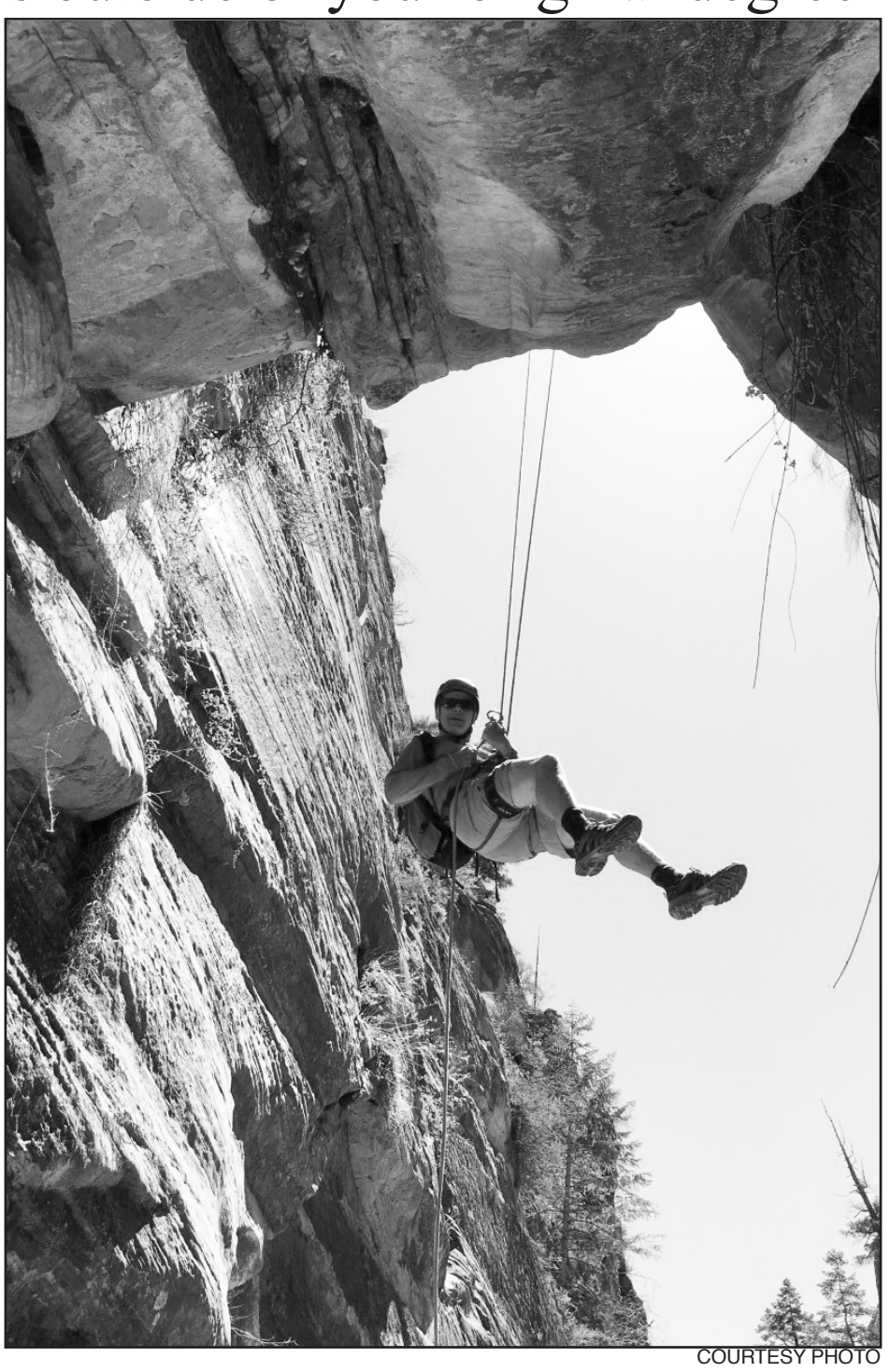
"I've always had a knack for being a shoulder to lean on. I'm a problem solver and I really enjoy helping people," she says.

Ginter recently secured a job as a journalist in Keene, New Hampshire. But, she says "I never really grew up being like, 'I wanna be a journalist,'" although she has "grown to like it more and more." Ginter says she enjoys working with people.

Senior philosophy and computer information systems major Jake Stafford just landed a telecommunication specialist job at Casella's office in Rutland. He says the job gives him an opportunity to earn experience in his field and toward a management position.

From 1988 to 1989, Juanita Kidd Stout was a Justice of the Supreme Court of Pennsylvania. She was the first African American woman elected to any judgeship in the United States, and the first to serve on the Supreme Court of any state. Stout spent her undergraduate studies at Lincoln University.

Her major was music.



COURTESY PHOTO

Castleton criminal justice alumnus Greg King repels in Colorado last week. King isn't using his degree, but is enjoying life as a outdoor apparrel rep.

Making Castleton's campus comfortable

COURTESY PHOTO

Students hope to improve sections of campus on the residential side.

By Callie Ginter
Castleton Spartan

If you've ever walked around Castleton's campus, it's pretty apparent that the academic side is more beautiful and well-groomed, compared to the residential side. Student tours are herded past the coffee cottage and gardens, the Castleton website is full of bright, green pictures of the landscape. And then there's the cracked pavement and drainage issue outside of Babcock.

Junior Shelbey Haskins and Senior Bryan Tirrell are part of Sociology professor Philip Lamy's Community in American Society class. The second part of that class, Community Action Seminar, taught by anthropology professor Paul Derby, is a service learning and civic engagement class. Haskins and Tirrell, with the help of Lamy and Ann Honan, have started a project that is unofficially called, Castleton Courtyard Commons. The project is aimed at creating a social place where people could come together and spread a sense of community.

"It would be a place to hangout and bring the college and community more together," Haskins said.

The Courtyard Commons plan would be to extend the pavers outside of Huden Dining Hall, wrapping around Haskell Hall and Adams Hall. The cow-paths would be fixed, the drainage issues would be repaired, and gardens and stone seating would be implanted to make it an aesthetically pleasing and comfortable social setting.

Ann Honan, an Advanced Placement Lab instructor and Chemical Hygiene Officer, shared the similar idea and teamed up with Lamy and his students to jointly push the project forward. She too feels that there is a lack of a focal point on the residential side of campus because of how ugly it is.

"It's unsightly," Honan said describing the area outside of Babcock hall.

And not only would campus look prettier, but it would attract more potential students who visit campus through tours or who come participate in summer camps.

The plan is estimated to take five years, costing roughly between $60,000 and $100,000. The funding would most likely come from the Student Government Association, administration, and grants.

"We'd like to get feedback on this project … we want to create spaces where people can come together," Haskins said.

The group believes that the project is doable because the Coffee Cottage is a product of the civic engagement class from years ago.

The group's next step is to figure out where and when to start. They will most likely begin with ripping up all of the cracked cement around Huden, Haskell, Adams, and Babcock, and will put in new pavers.

Oh my gosh, Gosh

By Peter Kazakis
Castleton Spartan

Soundings Professor Robert Wuagneux laughed as he joked that there's "nothing like weed to bring people out!"

Sophomore Taylor Sanders agreed, saying "people see marijuana in the title and they come."

Students, faculty and community members alike came together at Castleton's Fine Arts Center on 4-20 to see award winning musician and songwriter Bobby Gosh, as he combined a musical performance with a book talk.

His new book titled "Confessions of a Marijuana Eater" seeks to break negative stigma about the ever-popular herb, while also chronicling the wild and successful life Gosh lived as a professional performer. Gosh has chosen, for much of his life, to consume marijuana by baking it into edibles like cookies.

Students came in groups from campus, and some attendees of the event also emerged from the neighboring woods. One student in the library parking lot, who was not approached for comment, was sitting with his front car door open as he was clearly fiddling with – and licking at one point – something in his fingertips.

Gosh had a blast with the opportunity to perform again, admitting after the show "it was awesome! It has been 13 years!"

The energetic 80-year-old was bouncing and swaying on his piano stool, rocking and shaking as he simultaneously played and sang songs he had created himself.

A few times, the audience even caught Gosh glancing to a particular spot of the audience, where it seemed likely his wife, Billi Gosh, was sitting. Many of the songs Gosh performed focused on the idea of love. In one song, Gosh sang about how a couple could make love "at least 10,000 times" if they were to do the deed every day for many years.

During his book reading portion of the performance, Gosh recounted hilarious stories, important milestones in his career and eye-opening changes of perspective with regard to marijuana. Gosh compared marijuana to a drug like aspirin, and also expressed how the habit of using the sticky herb is not much different from habitually consuming alcohol or tobacco.

Professor Brendan Lalor says he loved Gosh's "stereotype-busting story," and how Gosh energetically defied the common assumptions of such derogatory terms like "lazy pothead" or "stoner."

"Over more than the last half-century, his moderate consumption of marijuana has enhanced a fruitful life of love and productivity. Thinking about positive models like this one stretches our bias-laden imaginations toward adequacy and may help us approach marijuana a little more wisely," Lalor said.

Food and refreshments followed the event as Gosh remained in the FAC to answer questions and to sign copies of his book.

SARA NOVENSTERN / CASTLETON SPARTAN

Bobby Gosh sings a song at his presentation at the Soundings event on April 20.

Sophomore Chyenne Williams said she was impressed with the performance, and that she couldn't believe how good Gosh looked and how well he performed, being an 80-year-old.

Perhaps it has something to do with what Gosh bakes into his special cookies?

Loving life on the board

By Jimmy Britt
Castleton Spartan

You've been riding for miles now, just cruising along when you come to the top of the hill. You take a deep breath and reassure yourself that everything will be fine. Before you even realize it you've taken the plunge. You're going faster than you ever thought you could on your board. The wind is starting to sting your face and your legs are getting shaky. Do you stay on your board or do you bail? But by then you're already at the bottom and the adrenaline high is kicking in and you live to ride your skateboard another day.

Castleton University sophomore Ryder Hathaway has been riding since he was 14 years old.

"My cousins had some longboards and were skating around the town that I grew up. I just stepped on a board and I really liked it," Hathaway said.

Through longboarding, Hathaway came into competitive downhill skateboarding.

"For me downhill skateboarding it's an adrenaline-fueled activity. It's got this mix of danger and technique that makes me fall in love with it," said Hathaway. "I just watched this video that said that you must be totally willing to die because this is some terrifying shit, because you're going down this hill at the slowest rate 30 miles per hour and at the fastest 50 to 60 miles per hour on open roads."

When Hathaway is going down hill he needs to be careful because just one wrong move and he could hit a guardrail or head into oncoming traffic. Lucky for him, he hasn't been badly hurt. He said he makes sure that he has all the proper gear like a spine protector, full leather suit and a full-face helmet.

Though Hathaway competes in downhill events, in the past four years he has also taken up street skating and hits the skate park on campus to relax.

"I use the skate park a lot because it's a different form of skateboarding. It has a different appeal. For me it's a more creative learning aspect, whereas downhill is more technical and feels more like snowboarding where you're going really fast. Skateboarding your learning different tricks," said Hathaway.

But he isn't the only student who rides to relax. Senior Rebecca "Reba" Stodgell picked up longboarding her sophomore year in college.

"My boyfriend at the time was really into it. I've always wanted to skateboard and I just think it's cool," said Stodgell.

Because the campus is so flat, Stodgell said she can get to class easily. But what she likes the most about it is the exercise and that she can go for rides that go for miles.

"I do it to relax. If it's a nice sunny day and I'm doing nothing but just sitting on the couch, I'll grab my longboard and ride around town," she said. She added that it's the fun and the chance of danger that makes her love riding.

"I like to go fast and take chances," she chuckled. "It can be sketchy at times because once you start going a certain speed your legs start to wobble. But it's all in the fun and you get an adrenaline rush."

Stodgell has noticed that there is a decline in skaters around campus this year. She thinks it has to do with the weather changing so often and gravel from the winter still being on the roads. Though conditions may not be the best for some students, it hasn't deterred local skaters.

Local skater Sam Eisenhower, 19, comes to the skate park on campus at least once a week.

"I've been skating since I was 3. My dad and all his friends have skated all their life. They got me into it at a young age and my dad's friend's kids were good at it so I skated with them," said Eisenhower.

COURTESY OF RYDER HATHAWAY

Sophomore Ryder Hathaway longboards down a hill in gear. Hathaway regularly competes.

Landing new tricks and finding new places are some of the things that drive him to skate. But Eisenhower also enjoys going to other skate parks either to skate or sometimes just to watch competitions.

Talent Skatepark & Shop of South Burlington, Vermont caters to skaters of all types and skill levels. Founder David Woods talks about skating culture and what his store bring to skaters.

"Skateboarding is so many different things, it's a very diverse activity. There are different people for different things. Longboarding is still popular and there's a sect of people for it. People still ride poles, bowls and ramp, it has its popularity. And people still like to street skate," Wood said.

Wood said he sees a lot of different customers now. They still get middle school boys as their major customers, but he also sells to college girls who longboard, 50-year-old guys who have been skating during the '70s, and middle school girls too. They get people signing up for lessons and kids for camp. To them that's how they're popular.

Traffic in the store fluctuates, he said especially with the weather. On a nice day they may not see as many skaters in their park because they might be outside. But when it rains or snows people flock in.

Wood himself, likes to ride in skate parks. He primarily skates in Talent but occasionally he'll skate the Burton Bowl and the Burlington Waterfront Park. Though they were fun, his days of trespassing on property to skate are over.

"I think that skateboarding is alive and well. Lots of people skate now and there's no one demographic of skateboards now. You can't clump them into one stereotype anymore," Wood said.

Party with the marching band

By Catherine Twing
Castleton Spartan

It's halftime during the 2016 homecoming football game. The crowd is roaring and it's time for you to get some Roxy's Fries. Just as you get up from your seat you hear the marching band playing "We Found Love" by Rhianna and stop in your tracks.

Now you wish you had done marching band too.

The Spartan Marching Band, the only collegiate marching band in Vermont, will kick off its 2016 season Aug. 17 with a week-long band camp – and anyone is encouraged to join, regardless of previous experience.

Although some members have been marching for a decade or more, most have no previous experience and several don't even have to know how to play an instrument.

"About 60 percent of the students are non-music majors and 40 percent have never done any marching activity, no parades or anything. Several students have never even played an instrument," said Stephen Klepner, second-year music graduate assistant.

Although senior sousaphone player Jason Irish has been marching for nine years, he has seen many beginners learn quickly.

"It seems like everyone picks it up really easily. It's not as hard as everyone thinks it is. It takes time, but it's worth it in the end," he said. "You get a sense of fulfillment and a better work ethic. It teaches you a lot of life lessons."

The band is expected to grow by about 10 members this year, and the hope is that the group will continue to grow even more in coming seasons.

COURTESY PHOTO

The Castleton marching band rehearses in a circle.

This fall's marching show, titled sParty Mix, will feature the popular songs "We Found Love" by Rhianna, "Rather Be" by Clean Bandit, "Wake Me Up" by Avicii and "Geronimo" by Sheppard and is about partying and having fun.

"We want people who like dancing and goofing off," Klepner said. "It's a show about partying. If you can do something creative, we want to showcase it."

"It's a different experience. It makes you think both musically and physically, and I see it as a fun challenge," Irish said. "Not many people can say they were in a marching band. You can be in a dance group and you can be in a music ensemble, but it just brings it to a whole new level."

The camp, from Aug. 17 to Aug. 25, offers a chance to learn the music, learn how to march, and most of all, bond as a group, said Klepner.

"I found that it's kind of a family that you don't get anywhere else," Klepner said. "It is equivalent to a sports team in the way that it's that kind of bond you get through having fun and becoming good at something. Plus, I love performing and being goofy in front of people."

Marching band is also a good way for new students to become part of the campus.

"It was a really good way for me as an incoming freshman to meet new people and establish myself in a group of upper classmen, so when I started classes I had a group of people I could go to if I had problems," said freshman saxophone and mellophone player Sarah Dickey. "It wasn't difficult to get involved because everyone was like 'hey, I'll help you!'"

Junior Tony Sawyer agrees.

"The day I arrived for the first day of band, I didn't know what to expect. Little did I know, the group of people standing before me were about to become the first friends I made at Castleton. Every year when new people join, they are treated like family and we all get close really fast," Sawyer said.

Besides the instrumental ensemble, students can also participate in drum line or color guard. Sawyer joined the band as a trumpet player and has since joined the color guard.

"Color guard involves flag, rifle and saber spinning, but it is also so much more than that. Guard is what adds a major visual effect to the band. It is partially where the story of the show is told," Sawyer said. "It takes a lot of work, but it is very rewarding at the same time. It tends to be more female dominated…I really wish more guys would give it a shot."

There's a stereotype that people who do marching band are boring and only do band related things, but this couldn't be farther from the truth.

"I'm just like look at me. I play a varsity sport. I'm an ecological studies major," Irish said. "We get a lot of people who are in sports and all that. It's a dumb stigma that band is all nerds."

Klepner agrees.

"It's a really diverse group. I think in a lot of ways it's very far from the stereotype. I think it's closer to an athletic team than it is to a music ensemble," he said.

The ensemble will rehearse Monday, Wednesday and Friday, 3:30-5:30 p.m. throughout the fall semester, and students can receive credit for their work. Klepner stressed that if a student is interested, but the schedule doesn't work for them, accommodations can be made.

Anyone interested should contact Klepner at sak11150@castleton.edu or Director of Bands Paul Kafer at paul.kafer@castleton.edu.

New events needed at CU

By Brock Pollard
Spartan Contributor

On Dec. 9, 1989, Castleton State College hosted Phish in Huden Dining Hall marking the school's first large-scale event. Since then Castleton has hosted other artists like Sammy Adams and G-Eazy. However, students say that recently events haven't been anything they want to go to.

"To be honest, nothing ever really happens around here. If you want to do something, you have to go all the way to Rutland for it," said sophomore Adan Osman.

Senior lacrosse captain Peter Latulippe said that if the school offered more sponsored events, students would be more likely to attend.

"I would love to see some new events offered by the school. Sometimes literally nothing happens on the weekends," said Latulippe. He said that he would love to see Bassnectar perform out in the pavilion.

According to Student Activities Graduate Assistant Meghan Hakey, the Campus Activities Board would love to see more large events happen, but she said there is a "limited budget" that stands in their way. She also pointed out that if students get more involved, there could be better acts.

"The artists are really expensive, so they try to save up for a couple years and then host one," Hakey said of the CAB members.

She also noted that major events are rare because the budget would not allow for more frequent ones.

Former Castleton student, Sean Paradis, who now attends St. Lawrence University, says the events at his new school are awesome.

St. Lawrence is similar to Castleton as far as size and both schools are located in towns that don't offer much for college students. But Paradis said St. Lawrence has a fall, winter, and spring "festival."

Each festival features a new artist like The Chainsmokers, NGHTMRE and MisterWives. Food tents include burgers, hotdogs and cotton candy and each festival weekend has a specific theme like ugly sweaters or Hawaiian.

Students there really look forward to these events, he said. And having the events split up by seasons gives the school time to fund-raise for the next one, he said.

"It's really cool knowing that the school dedicates three weekends a year to the students so they can have a killer time," said Paradis, smiling just talking about them.

Students say that if Castleton were to host a festival like that, they would love it and more students would go.

Brooke Naylor said she would love to see Lil Dicky.

Others said even a nationally-known local band would be interesting.

See Bigger, Page 6

Bye bye Vy

By Will Chmielewski
Castleton Spartan

A familiar face at Castleton will soon be missing.

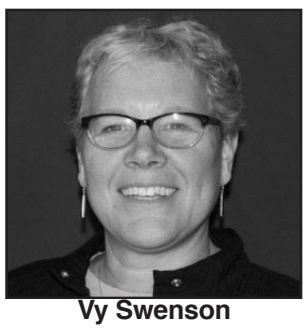
Vy Swenson has been at Castleton for 32 years and will be retiring at the end of this semester.

Swenson originally came to Castleton in 1974 where she majored in Special Education and Physical Education, but soon transferred.

"When tuition in 1976 went from $3,000 to $4,000, I decided to opt for the $2,200 in state tuition at UMO (University of Maine Orono), however, what I saved in tuition, I spent in gas, driving 7 hours to Castleton every other weekend," Swenson said.

Swenson graduated from UMO and began coaching women's soccer for one season in 1979 and women's lacrosse in 1980. Around 1985, she began teaching adjunct Physical Education at Castleton, while she got all certifications needed to be the SHAPE Pool Aquatic Director.

When the pool was finished in 1990 Swenson became Aquatics Director, a position she held for 18 years.


Vy Swenson

"She was most loved by the elderly people. She made it a reason for them to come here, to get them out of their house and get them here," said Deanna Tyson, associate dean for athletics and recreation.

In 2007, she moved to the Alumni Relations position. During this time, Swenson would work to encourage alumni and their families to come back to Castleton for Homecoming, while also working on class reunions. She also worked as a liaison for the Alumni Association, and worked closely with dedicated Castleton alumni.

Liz Garside, whom she worked alongside for ten years, has nothing but thanks for Swenson.

"Thank you for your infectious laugh, your big smile, your endless energy, being such a team player, sometimes being the whole team, your abundant empathy and warmth and for being that person who is always willing to lend a hand," Garside said.

In retirement, Swenson plans to ease into the summer and then work with her son at his new fitness business in Rutland. She also has her grandkids: a three year old and a newborn who she is looking forward to spending time with. She, however, does not plan to go too far away from Castleton, as she expects to be around volunteering at Castleton for Homecoming and upcoming golf tournaments.

"I don't intend to be a stranger; I expect I won't be missing much. The things that were the best part of my job was getting to be around people, and I am a people person. I don't intend to stay away from people," Swenson said.

Students often adopt them

SARA NOVENSTERN / CASTLETON SPARTAN
Herbert and Lucille, the first two ducks to hatch in Jeffords, have captured the hearts of students.

Continued From Page 1

The class is about more than just the technical skills of raising the eggs until they hatch. It's also about the bond students make with their new fluffy babies. Kimmel said students and local farms gladly adopt the babies.

"People get emotionally attached," Kimmel explained. "It's usually not a problem to find homes for them."

Herbert and Lucille were the first ducks to hatch; both on Monday the April 11, and Cosmo hatched Tuesday morning around 8:30 a.m. Senior Jen Morelli is the proud mother of Herbert and they have already began to develop a bond.

"My baby hatched first, he's a fighter!" Morelli said and Herbert nibbled on her sweater and then quickly fell asleep in her hands.

By April 18, nine ducks had been born, as well as the first chick. Herbert, Cosmo, Wanda, Olive, George, King, Daphne, Lucille, and Boone were all accounted for. By May 2, all of the chickens, ducks, and geese are expected to be hatched.

"This class has been a really great experience for us. From windowing eggs and seeing heartbeats, to helping the babies hatch has easily been the coolest project Castleton has to offer. We're all going to be torn at the end of the semester when we split from the babies, but we're extremely thankful to have been given this opportunity," McCormick said.

Used shoes help dig a well for orphanage in Kenya

By Elisabeth Waller
Castleton Spartan

If you visited the Castleton University Campus Center on April 13, you'd have seen students on their hands and knees, laughing, talking and sorting used shoes from large bags and boxes strewn throughout the 1787 Room.

The Shoe-Give-A-Thon was organized by Tegan Waite, a sophomore multidisciplinary studies major in women's and gender studies and business.

"It was for health issues with Katy Culpo. We have to pick something that we're really passionate about and do an advocacy project to advocate the students of Castleton about whatever that's about and mine is orphans in foreign countries," Waite said.

Even President Wolk made an appearance and donated two bags of shoes, including a brand new pair of green and white Puma sneakers that were a gift from alumni Ryan Ackerman.

The shoes are sold to an organization in Florida and are then sold to poor people in impoverished nations who resell them as a business.

Waite saw her advocacy project as an opportunity to help a cause she had already been involved with. Rutland native Jennifer Wright founded a non-profit organization called HEAL (Health, Education, Ample Nutrition, Love) while attending Wagner College. Waite and Wright have known each other for years through the Grace church in Rutland.

ELISABETH WALLER / CASTLETON SPARTAN
A Shoe-Give-A-Thon collected shoes for charity on April 13.

"I've known Jen and worked with her for many years on several fund-raisers for her orphanage in the past and this year it just seemed like an awesome opportunity to enlighten college students on the great need that is there. Sometimes I think we think our life is so stressful and awful because we have four finals and a bunch of papers to write but these kids don't even have clean water," Waite said.

The Shoe-A-Thon event raised money to build a well at the HEAL orphanage in Kenya. Gently used shoes were collected for three weeks and this was the culminating evening of the fund-raiser.

Waite also enlisted the help of members of the CU Rotaract Club.

"A big part of our club is about helping other people," said Maddison Baldwin, a business major and one of the Rotaract Club members who was at the event helping to collect and sort shoes. "I think it's a really great opportunity to learn more and be able to help people beyond the community. This really opened up my eyes to things beyond here at school."

Collections for the fund-raiser also took place at various other churches and locations in the area. Despite this being their first time organizing this type of event, Waite and Wright said they hoped to collect 2,500 pairs of shoes.

Bigger acts wanted

Continued From Page 5

"It would be awesome if Twiddle came back here," said junior Madison Edwards.

Hakey said the Activities Board uses part of its budget for weekly activities in the dorms such as bingo, movie night and water pong tournaments. Every so often, they host a paint party in Shape Gymnasium.

However, eight out of nine students interviewed said they almost never attend the dorm activities.

"I think I went to one maybe two of those things in the two years I lived on campus," said junior Chris Moser.

"Um, I don't know. Probably not actually," said junior Mason Brown when asked if she would ever go back to a dorm event.

Hakey said that CAB members are looking to host a concert in the upcoming year. Since hosting the events on campus requires hiring security as well as dealing with the town noise ordinance, CAB has also been looking at other venues.

BROCK POLLARD / SPARTAN CONTRIBUTOR
Students enjoy a recent outdoor festival at St. Lawrence University.

"We've been looking at maybe doing it at Spartan Arena so it's an indoor event for students," said Hakey.

Safe Ride needs you

Continued From Page 3

"I want you to know we are always talking about where that line is and how much responsibility do we have, how many resources we should provide because we share your concern. We want our students to be safe," he continued. "How do we get there? That's the science or the art or bigger question and I don't always know if it is the answer to provide a shuttle system because it ultimately falls on the individual."

However, students like Allen stand their ground.

"Why not just make the decision a whole lot easier for students to not get behind the wheel and just amp up the transportation around here?" senior Eammon Flynn expressed. "To a certain extent it is always up to you, but I just don't understand why we have to make that decision any harder."

Ultimately Proulx said it is the students who have the most impact on students in these situations and the volunteers Safe Ride attracts are supporting this claim.

"The new people that volunteer actually start to like it and really appreciate the Safe Ride service more," Colleen Kunz, the other Safe Ride coordinator said. "And we actually worked with SGA to do a point systems for clubs with volunteers. They would get points toward their clubs and the club with the most points would receive $200 to $300 at the end."

Even with the incentive for easy money, Safe Ride is always looking for volunteers, which goes back to exactly what Proulx has been preaching.

"I would hope that students who see the two (recent) accidents as indicative of something going on in our community, that is accelerating, drunk driving, or irresponsible use of alcohol, that they would step up and support things like Safe Ride. Safe Ride is struggling with volunteers and it is not a time for folks to look to someone else to solve the problem. The college is part of the solution, but I truly believe that students should support students, that people should support people and bystander intervention and personal responsibility are the absolute key components to stop irresponsible driving."

She defied odds

Continued From Page 1

The engine was pushed up into her lap in the crash and they had to cut her out with the jaws of life after an hour of coming in and out of consciousness.

"I started to panic, like I'm going to lose my legs," Carper said, "And all I could think about was, I'm going to lose my legs way up at the hip. I'm going to have no legs."

While lucky to be alive, the CU senior was left with years of physical recovery, and a lifetime of emotional recovery.

"She had a positive attitude, but she's also feisty. I saw that fight in her," said Joyce Skelly, Carper's boss at Hannaford Supermarket.

Doctors weren't sure she'd walk again, or at least walk normally. But within six months, not only was she walking – she was back at work.

"The recovery process was long and exhausting. Brynna was in the hospital for a week and then spent two more weeks in rehab learning to get around as best she could," said Mike Carper, her father. "She spent the next four months at home in a wheelchair waiting for her legs to heal before she could even begin to learn to walk again."

With all of this recovery time and with the accident happening just two weeks into her last semester, she knew she wasn't going to be graduating that year. However, school was the least of her worries at that time.

"At this point, I still wasn't quite ready to think about school because I knew I had such a far road ahead of me," Carper said.

"It was irritating. Like they want me to sign up for another semester? I could have been done by now," she said.

Her doctors and counselors suggested that she take an entire year off because of difficulty walking, more surgeries planned and her post-concussion syndrome that causes her to forget commonly known things.

"It kind of makes you a little bit numb," she said about the post-concussion syndrome. "Sometimes I'm like, 'oh I just don't care,' when before it was like, 'I've got to get this done. I need that A,' and now I'm like, 'ehh I could get a B and I'll be fine.'"

After the accident her life was really put into perspective.

"I'm alive. That's how I really feel. Woah. I really have a second chance here," Carper said, "I want to live."

While Carper's life was changed forever, it also affected the lives of her family. What they all want most is for her to have learned something from it, and for others to learn from hearing her story.

"Use better judgment in their lives," Mike Carper said giving advice to his daughter and others. "On New Year 's Day, I discovered that Brynna had been going to Burlington drinking every weekend and driving home. I told her that if she continued this behavior it was going to end one of three ways; she would be arrested, dead or in the hospital. She just laughed and acted like I was ridiculous. Now she says she hates it that I am always right!"

Her stepmother had similar advice.

"Always have a good, concrete plan when your plans involve alcohol and never hesitate when in a real bind, regardless of the time of day, to ask parents, or any other caring family member or friend for transportation to get back home safely," Hobbs said.

Although the accident is in the past, Carper deals with daily reminders of what happened. From the scar on her forehead to the limp in her step, it is clear that this will be in her heart and mind forever.

"I didn't mean to get so drunk to where I wasn't even in control of my own body and my friend had to babysit me," Carper said, "But it happened. And it happened with the wrong friend."

Carper had advice to give as well.

"I just feel like so many kids think they're invincible and it absolutely can happen to you," She said, "No matter what. It can happen to you."

During the recovery process, Carper kept a positive attitude and tried every single day to improve as quickly as she could.

Her goal was to walk again and although she took one stair at a time, she walked her way to our interview, just like she will walk down the isle in the pavilion for graduation in May.

10 days left to walk

Continued From Page 1

Senior chemistry major Catie Wielgasz is nervous but excited for graduation, and to move across the country to the University of Montana for graduate school. She looks forward to being independant and making new friends in her journey after Castleton.

"I think graduating can be nerve-wracking because you never know what will happen next, but not knowing makes life more interesting and fun," Wielgasz said.

Senior lacrosse player Taylor Swarter says he definitely has mixed emotions about graduating, and said "it doesn't feel like it's about to happen in two weeks."

Mack agrees, saying "I'm pretty sad. It's been pretty much four years of having a great time."

But come the morning of May 8, things will never be the same. Castleton's class of 2016 will be off to interviews, off to jobs, or off to graduate schools.

"If you're lucky, students will stop by and visit again; but otherwise, you may not really know what happens to them when you release them into the real world," Galle says.

Congratulations

Congratulations from the university writing committee to the following ten students, who earned Pass with Distinction on the culminating essays they wrote for the university writing assessment this spring semester.

Lynn Castro
Allison Cragin
Joanna Jenney
Douglas Yaremchuk
John "Jack" Jillett
Casey McGraw
Courtney Picone
Cameron Pratt
James Stillings
Mikaela Whitaker

Gender equality comes to CU

Continued From Page 1

The residence life offices at Castleton and Green Mountain meet on a monthly basis to discuss different policies and how to implement them as smoothly as possible, according to Robilotto.

"Freshmen can't select gender-neutral housing on their housing contracts, but if they get here and that's something they are interested in, we can make that change for them. We would never place a student in a room that they wouldn't be comfortable with," Robilotto said.

Though this change is geared toward the LGBT community, there were other factors as well.

Carey had two main reasons she felt this change was necessary.

"For people who are trans, it can be very stressful to be rooming with someone who you're not comfortable with. We felt it was important for people to be able to room with whomever they wanted and felt comfortable with," Carey said.

The second reason was simple.

"People who feel more comfortable living with someone of the opposite sex should be able to do that. I wanted to room with my best friend Kyle because he is the person I feel most comfortable with," Carey said.

The main goal of gender-neutral housing is to make people feel more comfortable.

Senior CA Emma Blaiklock believes this change is simply keeping up with the times.

"It's a thing that a lot of universities and colleges are doing. It's a way to be a lot more accepting and go along with that movement because it is a great population in the U.S. at this point. People should be able to feel comfortable no matter who they are," Blaiklock said.

So, where will this policy be in five years?

Blaiklock is hoping for an entire gender neutral dorm. Carey and Robilotto are just hoping for more awareness to be brought to this type of housing, and hope that anyone who would like to switch to gender-neutral housing feels comfortable coming forward.

Because this change was implemented to make students feel more safe and secure in who they are, Carey made it clear that there will be zero tolerance for any sort of bullying around the new change.

"There are always going to be problems with any sort of change. Of course, we're hoping that doesn't happen. There are going to be strict rules when it comes to privacy with the new bathrooms. People need to know that it will not be taken lightly if they misuse them," Carey said.

Churchill has been on board from the start, but mentioned that the students are really what pushed residence life over the edge.

"Students have more power than they think. Once we had some students pushing for this, it moved along very quickly. Students' opinions matter," Churchill said.

Spartans dance into playoffs with 20-1 win

COURTESY OF CASTLETON ATHLETICS

Taylor Esperti celebrates after a goal against Johnson State last week.

By Mike Davis
Spartan Contributor

The Castleton women's lacrosse team improved to 9-5, 7-0 North Atlantic Conference, and looked solid in their lopsided 20-1 victory over the Johnson State Badgers on senior day at Spartan Stadium last Saturday. The Spartans are now on a three-game winning streak and look to have a long and successful 2016 postseason run.

The Spartans are led by a strong senior class including Meghan Els, Rachel Bombardier, Brandi Whittemore, Emilee Maher, Maria Ploof, Taylor Esperti and Brianna MacKay.The seniors have been the heart and soul for the Spartans women's lacrosse program during their time here, and were able to help the program have a record breaking season in 2015 when they went 17-3, and won the team's first NCAA tournament game.

With just one game remaining in the regular season, and the playoffs right around the corner, the Spartans will look to finish strong when they host struggling Southern Maine this thursday.

Castleton senior standout Maria Ploof reflected on the Spartans and their play this season.

"We've been so successful because we have a lot of good leadership," Ploof said. Every person respects one another and listens to what each other have to say. That has been helpful in establishing relationships off the field, which has translated to our success on the field."

Ploof also commented about the Spartans, and their hopes of dominating the post season.

"We try to keep our focus set on one game at a time," she said. "Currently we practice in preparation for whatever game is coming up next. Especially in the playoffs, you can't think too far ahead because you never know when your last game is going to be. The main focus heading into playoffs is on whomever we play first and keeping our heads set in the moment. You're not going to win a championship if you look too far ahead."

With a win against Southern Maine this Thursday, Castelton will secure the number one seed and home field advantage throughout the NAC playoffs.

Queen of the mountain

Simona Croccolo has been skiing her whole life, but now she'll be competing professionally in downhill mountain bike racing.

By Jordan Lumsden
Castleton Spartan

As she walked up the rock face of the quarry higher and higher**,** she looked down at the water in terror. She was cliff jumping with her boyfriend and other friends at a nearby swimming hole. She finally reached the top of the 50-foot cliff and the nerves fully kicked in.

Everybody jumped. She stood at the top and watched.

"C'mon, just do it," her boyfriend encouraged.

They jumped again. She watched.

"It's not that bad. You can do it," he said again.

She watched. They jumped a third time

"All right we're going to go soon," they finally warned.

"If I leave now and don't jump I'm going to regret it so I might as well just go," she replied after standing for 45 minutes.

She jumped.

When senior health science major and women's alpine ski team captain Simona Croccolo sets her mind to something, she does it. She'll be graduating from Castleton this spring and will be racing pro down the mountains she loves.

But, not on skis.

Croccolo will be competing professionally in downhill mountain bike racing this summer.

And unlike skiing, which she has been doing since she was 3, she has only been on a mountain bike for four years.

That's right.

Four years.

Croccolo was introduced to mountain biking after she saw a race at Sugarbush Mountain in Warren, Vermont. She noticed the lack of female riders in the sport. And to Croccolo, that meant an open invitation.

"I saw the few amount of women that did it and I was like wow, that's so cool. I want to be one of the women that do that. That looks like so much fun!" she said.

The summer following her freshman year at Castleton**,** Croccolo worked as a zip line operator for Sugarbush Mountain. Early into the summer season**,** she was "bored to tears**,**" according to her mother**,** Patty Croccolo. She was itching to do something fun and exciting instead of "sitting at the picnic table waiting for zip liners," her mother said. Her chance came when a family friend and Sugarbush employee Chad Borofsky asked her to build biking trails on the mountain instead of operating the zip line.

Now that was more like it.

The change gave Croccolo an up-close look at what she'd soon fall in love with. She tried Borofsky's bike on the trails a few times. That and watching a race were enough to spark her interest. It wasn't long before Croccolo hopped on her own bike and began following Borofsky, learning the ropes to her new and exciting outdoor adventure.

Even with a couple bumps and bruises, one ride was all she needed to get fall in love.

"I'm pretty sure the first turn I went around I panicked and hit my breaks and went flying over the handle bars," she said with a laugh**.** "But I kept going and I'm pretty sure I was addicted after that first day."

Croccolo started competitive downhill mountain bike racing that summer. She moved up to the CAT 1 division, the division below pro, last season. Croccolo said she won the majority of her races and that it was time to move up a level, making the decision to race in the Pro GRT division. She is currently sponsored by Alpine Bike Works in Killington.

Croccolo fit the bike shop's criteria as an athlete to sponsor in terms of skill and organization**,** said owner Tony Accurso.

"Our goal here is to support female cyclists. We want to propagate cycling with females especially in this area," he said.

Croccolo is a "Liv Ambassador" for the upcoming season. Liv is a cycling branch of the company, Giant. Liv designs apparel and equipment to fit the profile of women in their products and aims to expand the sport among the female population. Croccolo was an instructor at a free women's mountain biking clinic last season with other female mountain bikers. Skill and riding workshops were set up for all levels of riders.

COURTESY OF PATTY CROCCOLO

Simona Croccolo banks around a turn during one of her races.

But her future holds more than just competitive mountain bike racing. Croccolo plans to return to school in the fall after her departure from Castleton. She will be pursuing a bachelor's degree in Nursing at Lee's-McRae College in Banner Elk, North Carolina and will compete on their varsity downhill mountain biking team.

> "She is a person who is highly focused and does what's necessary to chase a goal and achieve it."
> - Tony Accurso

Unaffiliated with the NCAA, the U.S.A. Cycling Collegiate Varsity Program allows athletes to compete at the pro level while also competing at the varsity level.

While at Lee's-McRae, Croccolo will be coached in downhill mountain biking for the first time in her career. Until now she has only learned from friends and fellow riders. She said she admired her competitors' abilities both on and off the track, mentioning a fellow rider she knew only as Steph.

"She was the first fast woman I got to chase down the hill," she said "And she's a mom, which is cool."

Croccolo and her mother moved to Waitsfield, Vermont from Massachusetts when she was in eighth grade so she could attend and train at Green Mountain Valley School, a ski academy in Waitsfield.

"I was ski racing against those D-I athletes before they went D-I," Croccolo said.

While attending GMVS**,** she was able to travel around the world to ski race, including Canada and numerous parts of Europe. She also spent her summers with the GMVS team in the mountains of Chile to train.

But Germany was "a crazy eye opener."

"To them**,** we were a joke," Croccolo said. "They are training so intense. No one is goofing off or having fun up top."

But people close to Croccolo say she has two different personalities.

"There's super bubbly, energetic, excited and super happy 50 percent of the time. Then the other 50 percent is so aggressive and competitive, hard-working and serious and I think they mold together pretty well," said Castleton skier and Croccolo's boyfriend, Sean Lenihan.

Castleton Alpine skiing Co-coach Chris Eder complimented Croccolo's determination and mental toughness.

"She was always someone we could count on, on race day," Eder said. "It's no coincidence our women have made the national championship four years in a row and its no coincidence to me that it started when she was a freshman."

And in this day in age, Accurso said Croccolo's hard working and determined nature is hard to come by.

"She's unique and unusual," the bike shop owner, said. "She is a person who is highly focused and does what's necessary to chase a goal and achieve it."

Being a fighter runs in the Croccolo family.

During her freshman year at Castleton**,** her mother was diagnosed with colon cancer.

"It was really scary. We thought we were going to lose each other," Patty Croccolo said.

Patty attributes some of Croccolo's toughness to the trials they had to face together.

"Simona was right next to me helping me get through everything her freshman year, and I went through a year and a half of treatment and I'm in full remission," Patty added.

Patty didn't miss a single ski race during Croccolo's senior season.

"To be alive and to experience everything at its best and most, is important," Patty said. "When something like that happens to you its like 'oh, you don't want to miss anything in your child's life.'"

When asked what she thought about her daughter going pro?

"I'm really proud of her. Really proud of her tenacity and courage," she said. "If, I told her not to do it, she'd do it anyway."

As for which sport she likes better, Croccolo couldn't decide, but said if she had to pick one it would be skiing.

"I don't know how I could go 20 years of my life skiing and then just stop," she said.

MacKay battles back from injury to dominate NAC

By Casey McGraw
Castleton Spartan

In the first five minutes of the game, lacrosse player Brianna McKay planted her right foot and spun off the defender like she had done countless times before. But this time her foot stayed planted and MacKay heard a tear in her knee and dropped to the ground in tears. Her meniscus was torn and her season was over.

Fast-forward two years and MacKay is the leading goal scorer in the North Atlantic Conference and the Spartans are focusing in on their fifth consecutive conference championship.

"Getting injured my sophomore year just drove me to do so much better in my last two years because I missed time that I needed to make up for," MacKay said.

The senior has done just that, averaging over four goals per game while closing in on the program's single season record.

"Seeing her on crutches and not being able to play to seeing her now as the leading goal scorer in the NAC is amazing from an athletic training student and also as her teammate," senior goalie Megan Els said.

MacKay has also battled with a bad back her entire life.

"I was born with back problems. Extra vertebrae, scoliosis, L5 fusing together with my sacrum, disc degenerative disease and now I had a herniated disc in my back," she said.

But with a positive attitude and support from her teammates, MacKay has been able to overcome all these obstacles.

"I've had so many bumps in the road with injuries and stuff that I keep thinking there's nothing that can stop me from doing what I love," MacKay said with confidence.

She credits her development in part to playing alongside former Spartans like Maddy DeCosta and Kate Auer.

"Playing with them over the three years taught me how to be a better overall lacrosse player," MacKay said. "I wanted to be as good as them, which drove me even further."

Friendly competitions between Els and MacKay have also played a role in their joint success.

"She warms me up every single day and she told me that she takes credit for a lot of my saves and that I should take credit for some of her goals," Els said with a laugh.

MacKay has seen much more attention from opposing defenses, but she refuses to let it bother her and uses the pressure to help teammates.

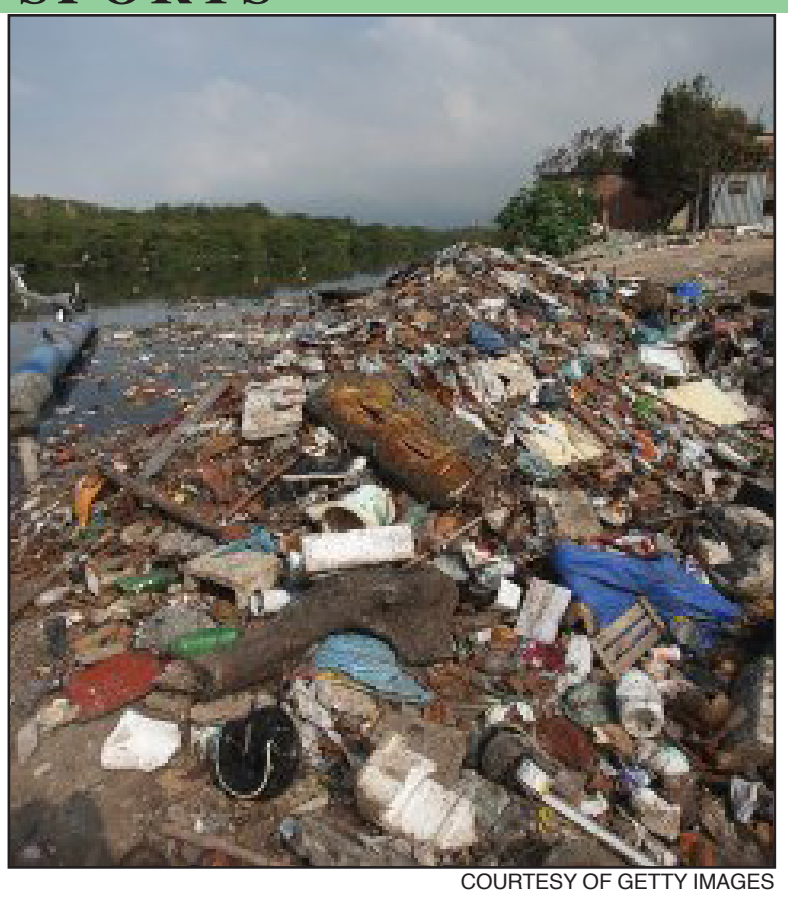
"Bri has never really been shut down but when she's being face-guarded she's also a good passer and has a lot of assists," Els said.

When asked if a championship this season would be more special than the others, MacKay thought for a second.

"I think so, because I didn't contribute a lot my freshman year then I was injured my second year, but then last year I contributed much more and this year would just be the icing on the cake," she said.

ASHLEY CALLAN / CASTLETON SPARTAN

Bri MacKay escapes a defender in a game against University of New England earlier this season.



COURTESY OF GETTY IMAGES

Poor water conditons and the threat of Zika virus have athletes and fans questioning the 2016 Olympic Games in Rio, Brazil.

Rio-tastrophy

Athletes and fans around the world are debating traveling to brazil for this year's olympics.

Eva Clark
Castleton Spartan

The 2016 Summer Olympics in Rio de Janeiro will go down as one of the most controversial games in recent history. Many athletes are saying they'll opt out of the Rio games, and for good reason.

Since beating out Chicago in 2009 to host the games, Rio has proved to be more like the opposite of an ideal place to host the biggest sporting event in the world. Extreme water pollution, high susceptibility to contracting the Zika Virus and failure to follow through with promises to fix the water highlight the Rio controversy.

"It's continued evidence that the International Olympic Committee still has some corruption and still has some major introspection to do," said Castleton sports administration professor Marybeth Lennox.

The Associated Press conducted tests on the Brazilian waters in July 2015, finding "disease-causing viruses directly linked to human sewage at levels up to 1.7 million times what would be considered highly alarming in the U.S. or Europe," according to an AP article.

"They have cleaned up more than they ever have in the past…but these places are still completely overwhelmed with human viral pathogens. And these are literally the sights where sailing and all of these things are going to be happening," said Preston Garcia, a microbiology and immunology professor at Castleton.

Garcia's post-doctorate work dealt with vaccinology and infectious disease.

"They're basically going to be swimming in Brazilian human sewage," Garcia said.

Untreated sewage flows through storm drains and into sites like Lagoa Rodrigo de Freitas and Guanabara Bay, where rowing and sailing events will be taking place. According to a February 2016 *Los Angeles Times* article, Brazilian officials had promised to have the pollution in these areas cleaned.

Alarmingly, it's not just the shorelines, where the pollution enters the water, that are contaminated. There are consistently high levels of pathogens a mile away from shore, so even deeper waters are not safe. Normally, the deeper water would dilute the levels of pathogens, but not in Rio waters.

According to an Associated Press article, "athletes who ingest three teaspoons of water have a 99 percent chance of being infected by viruses." Effects on the athletes could include gastrointestinal issues and respiratory illness.

"Spectator safety and athlete safety should be paramount, and I'm sure that theoretically it is for the organizing committee in Rio. I'm just not sure that they quite have the resources to deal with it at this point in time," Lennox said.

As if the viruses in the waters weren't enough, the recent Zika outbreak was traced back to Brazil.

"Ground zero, for some reason, is Brazil right now, and it is a major concern for female athletes heading to the games," Garcia said.

Normal symptoms of the virus, which has been around for decades, resemble those of a mild flu. But this time around, Zika has been scientifically linked to causing microcephaly.

> "They're basically going to be swimming in Brazilian human sewage,"
> - Preston Garcia

Microcephaly is abnormal smallness of the head associated with incomplete brain development in infants. The World Health Organization has confirmed over 1,046 cases of microcephaly and Zika infection in Brazil alone, far surpassing the totals of any other country.

"It's not life-threatening to the female right now, but it is essentially life-altering or threatening to your new-born child," Garcia said.

He also said that the virus can be sexually transmitted. So if a male is infected at the games, he could bring the virus back home and infect his wife, who hasn't been to Brazil or been bitten by a mosquito any time recently.

In an interview with Sports Illustrated in February, U.S. women's national soccer team starting goalie Hope Solo said if she had to decide right then, she wouldn't go to the games. She said she "would never take the risk of having an unhealthy child."

"It's respectable if a female athlete chooses not to compete because they aren't willing to risk getting the virus. I would be disappointed if some of our big name players chose not to participate," said Kiley Baran, a fan of the U.S. national team and member of the Castleton women's soccer team.

Chris Chapdelaine, coach of the Castleton women's soccer team, provided a coaches' point of view about the possibility of missing key players.

"As a team we have to support their decision whether we agree with it or not. And we take those who are going to go and we play as a team and we move on."

Baran finds excitement in the possible changes to the USA line-up.

"There are a lot of newer faces fighting for a chance to compete in this year's Olympics and I think they have a lot to offer, so I'll definitely be interested in seeing how it plays out for some of the new additions to the roster," she said.

Chapdelaine had a similar take about how opportunity could arise in lieu of possibly missing players.

"We're talking about the U.S. national team. There are other younger players that could step up," Chapdelaine said. "This is why we have a U-23 team, why we have a bench. Maybe we give a new opportunity to some of these players."

Will there be backlash to teams possibly having to go without their so-called "best" athletes?

"It's just a matter of are we truly representing the best of the United States? And so that's where I would be disappointed. But I wouldn't hold it against the players who stay home," professor Lennox said.

Lennox, Garcia, Baran and Chapdelaine each said they would not go to Rio to watch the Olympics – that it wasn't worth the risk. Time will tell which athletes and how many fans will agree.

"The biggest issue with microbes and infectious disease is that they're all invisible. In a political case, we're all worried about terrorism at these events**,** but that's something you can maybe see," said Garcia. "These are all invisible things you can't see so literally protecting yourself on a 24-hour basis while you're there against invisible infections is a problem."

Oh no Rio

By Jordan Lumsden
Castleton Spartan

As we get ready for the upcoming Olympic Games in Rio de Janeiro, we look ahead to try and predict the winners for each event.

Of course you've got the favorites like Usain Bolt competing the 100-yard trash dash and Gabby Douglas in the all-around mosquito killing competition. Or maybe you'll have your eyes on Alex Morgan trying to lead the U.S. women's speed vaccination team to a gold medal. I know I'll be watching Kerri Walsh Jennings lead the United States to victory in doubles toxic mutated fish catching.

Only time will tell what magic will unfold on the beautifully polluted trash-littered beaches in Rio along with the warm and refreshing Zika carrying mosquito-infested air.

If you know anything about anything then you know that those aren't real Olympics events.

But what is real are the conditions these athletes and fans will face come this August in Rio.

In 2009 Rio won the Olympic bid, the first by a South American country, after promising the International Olympic Committee that it would improve the water quality.

But nothing changed.

In seven years, the conditions, although improved, have not met the expectation set by the IOC and the water is considered highly alarming to U.S. and European standards. Athletes that swim in these waters have an extremely high chance of falling ill from water contaminated with adenoviruses, which cause explosive diarrhea, violent vomiting, respiratory trouble and other illnesses.

And then you have the risk of contracting Zika, a virus that causes birth defects, including microcephaly.

How can a country with such poor conditions host the world's greatest athletic event without a thorough plan set in place to improve said conditions.

Now we are sending our young and healthy athletes to a place that could put their health and hopes of a family in jeopardy.

These athletes who have spent their entire lives training for this moment now have a lot more to think about than the individual events.

This year's games are arguably forcing them to make the toughest decision of their young lives; strive to win gold and risk the chance at a healthy family and self or stay home.

And that's garbage.

Beyond the boards

Castleton players learn the business side of hockey

Lacy Parmenter
Castleton Spartan

They dont just face-off on the ice, they face-off in the real world too.

Castleton University hockey players Ryan Mulder, Ryan O'Malley, and Corbin Marcotte are spending their time these days learning the ins and outs of the business world as it relates to their passion – hockey.

The men have been interning at Neutral Zone LLC, which is a hockey scouting and news website that ranks and profiles prospective college and professional hockey players. The business is based out of Rutland and the information that is gathered is then given to coaches to help them with recruitment decisions.

"I noticed an email for possible internships in the Rutland area and immediately knew this was something I would be interested in," said Mulder. He then discussed it with teammates O'Malley and Marcotte. Together they met with the director of scouting, Brendan Collins.

Collins oversees their work. He believes in not just giving them busy work, but to actually give them hands-on experience.

"What makes this internship what it is, is the fact that it's a brand new company and we are learning as we go," said Collins.

The tasks vary on a daily basis but include data entry, marketing, scheduling, business organization, and website maintenance and design.

"The hardest part is actually finding time to get the work done," said Marcotte. O'Malley agreed and added, "It's tough with our schedules, but thinking of where this internship could take me keeps me motivated and finding time to work."

Time is of the essence as they juggle academics and athletics as well as their internship. Collins was a college hockey player himself, so he understands what it's like to be a student athlete.

> "Now that I'm involved, I couldn't be happier. It's also nice giving back to the hockey community and helping players realize their potential,"
> - Ryan O'Malley

"From the beginning, Brendan has been tremendously understanding of our busy schedules and never put any pressure on us in the way of deadlines. What motivates us to use our spare time for this job is that it is something we enjoy doing," Mulder said.

All three men said that their favorite part of the internship was the scouting portion. Mulder likes it because he gets to use his knowledge of the sport to analyze players' strengths and weaknesses. Marcotte enjoys it because it's entertaining for him and O'Malley said it's something he has wanted to do for a long time.

"Now that I'm involved, I couldn't be happier. It's also nice giving back to the hockey community and helping players realize their potential," said O'Malley

Neutral Zone started in the fall of 2015, so the company is still in the learning process. So far the company has had interns from the men's and women's ice hockey teams, women's lacrosse and field hockey.

Collins shared that after starting the business, they quickly realized they need to expand to women's hockey as well. They had Jess Cameron, goalie for the Spartans, as another intern.

Collins and Cameron actually go back to Cameron's freshman year when Collins was her assistant coach.

After looking for someone to fill the role as director of women's hockey in the U.S. and Canada, they offered a full-time position to Cameron.

"After months of impressing us with her work, we sat down with pitched the idea to her," said Collins.

Cameron's role after graduation will be to build a scouting staff and cover all women's hockey in the U.S. and Canada.

"I was really excited when Brendan asked me to be the director. I really appreciate how little pressure he puts on me and how willing he was to teach me," said Cameron.

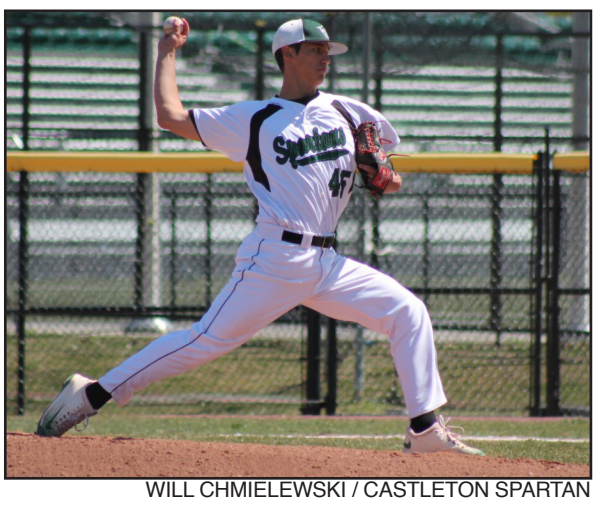
There's a mutual agreement among the four Castleton University student athletes about how much Neutral Zone has helped them become more involved with hockey. They understand the rules of play, but now understand the business side.

"I chose this internship because I have a passion for hockey and it relates to my major of study. I really enjoy the business side of the sport so this internship is a great fit," Marcotte said.

It all goes back to forming relationships with Castleton University and the town of Rutland.

"I can't begin to explain how important that partnership is to our business model and having a group of young, emerging professionals who bring fresh, innovative ideas to our company," Collins said.

Sports through pictures



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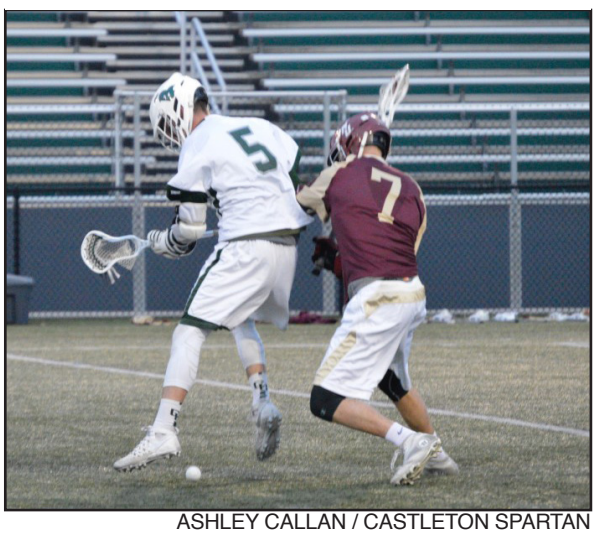

ASHLEY CALLAN / CASTLETON SPARTAN

Charles Stapleford, top, pitched a complete game in the Spartans 3-1 win against Husson last week. Sam Frackleton, bottom, battles for a loose ball in their game against Norwich earlier this season.